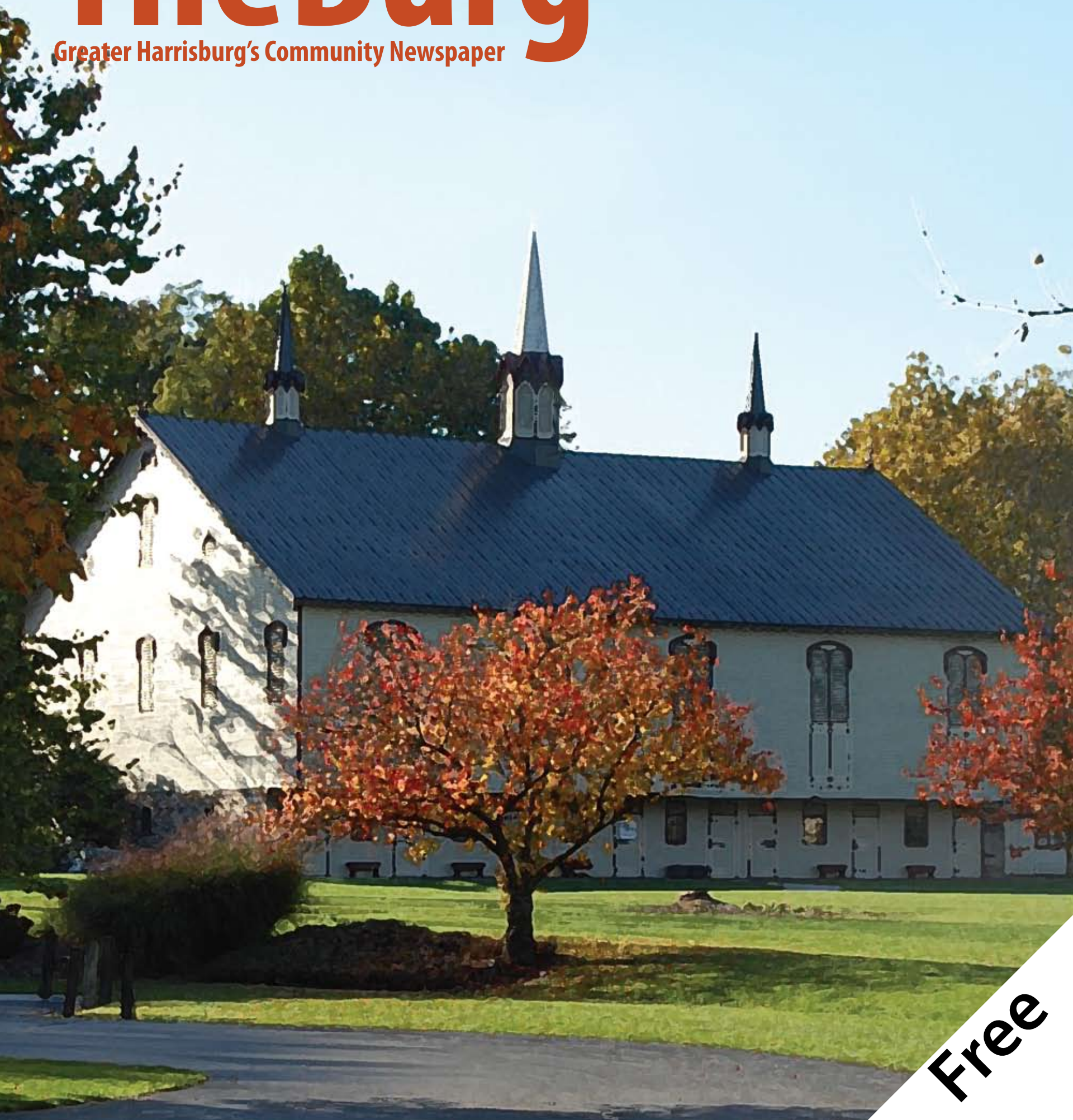


TheBurg

Greater Harrisburg's Community Newspaper

November 2009



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General & Letters

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Welcome to TheBurg! We strive to provide interesting stories and information to our 25,000+ readers of Greater Harrisburg. We appreciate your support. Enjoy our November issue!

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A Civic Obligation, a Civic Celebration

In the history of a city, there are few months that truly can be described as pivotal. For Harrisburg, November may be such a month.

On Nov. 3, residents go to the polls to elect a new mayor. For other cities, a mayoral election may not be such a big deal, since many places switch chief executives regularly. In Harrisburg, of course, the situation is quite different—the first election without Steve Reed as a candidate in nearly three decades. For many city dwellers, Reed is the only mayor they've known, making this turn at the polls noteworthy indeed.

Because of the unique situation here, residents are taking the election very seriously, which we applaud. Some people may remain undecided whom to vote for: Democrat Linda Thompson or Republican Nevin Mindlin. We hope that our profiles of the candidates (page 6) will help voters in their decisions before they set out on Election Day.

November, thankfully, isn't all about politics. Most notably, it's also the start of the holiday season. The city rings in the season locally with

its annual parade, slated to march through the heart of downtown on Nov. 21 (page 20).

During the holidays, though, Harrisburg offers so much more than a day of bands and floats. Are you looking for a unique gift or just something funky to wear? Then head over to the heart of Midtown for new, different and fun places to shop (pages 8 and 9). Or maybe you're in the mood for an interesting, thought-provoking film, one not showing at the suburban megaplex. Burg reviewer Kevyn Knox shares his insights on movies coming soon to the Midtown Cinema (page 19).

The November issue features many other things that make life in our area so rich and varied this coming holiday season: food, entertainment and culture, as well as opportunities to give to others.

So, in Harrisburg, November starts with civic obligation and winds up with civic celebration. That sounds about perfect to us.

—TheBurg

Cover: Centennial Barn, Fort Hunter Park, Harrisburg

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Harrisburg Goes to the Polls on Nov. 3

On Nov. 3, Pennsylvania conducts elections for county and municipal offices. Your local candidates are listed below. Don't forget to vote—make your voice heard!

Harrisburg Mayor
Democrat: Linda Thompson
Republican: Nevin J. Mindlin

Harrisburg City Council (select 4)
Democratic ballot:
Patty Kim
Eugenia Gina Smith
Kelly Summerford
Wanda Williams

Republican ballot:
Patty Kim
Michael D. Thomas
Wanda Williams

Harrisburg City Controller
Democrat: Dan Miller

Harrisburg School Director
2-year term (select 1)
Democrat: Roy Christ

4-year term (select 4)
Democrats:
Randy K. King
Lola D. Lawson
Tiffiney Penn
Patricia Whitehead-Myers

County Prothonotary
Democrat: Marilyn Levin
Republican: Stephen Farina

County Coroner
Democrat: Patty Garber
Republican: Graham Hetrick

City Council Digest: Recent Actions

The Harrisburg city council took the following actions during its Sept. 29 and Oct. 13 meetings:

- Approved extending until Dec. 31 the conditional use permit of Harrisburg Riverfront Development LP for 35 commercial parking spaces., located at 305 N. Front St.
- Approved the installation of seven stop signs: N. 3rd Street at the intersection with Harris Street; Hillside Road at its intersection with S. 21st Street; Pentwater Road at the intersection with Chestnut Street; Randolph Street at the intersection with S. 15th Street; and Green Street at its intersection with Pepper Street.
- Approved the conversion of Karper Street from a two-way street to a one-way street, in the direction from Benton Street to Berryhill Street.
- Approved a no parking zone on the north side of Wendy Street between N. Cameron Street and the dead end street to the east.
- Approved by a 5-2 vote the Harrisburg Authority's project to improve its wastewater treatment facility using a sewer revenue note to borrow the principal amount not to exceed \$1,880,000.

City Receives Historic Preservation Award

Harrisburg has been awarded the Pennsylvania Historic Preservation Award by Preservation Pennsylvania for the city's "Historic District Design and Preservation Guide," published in April. The guide compiles the best practices the city has used to restore, preserve and improve its architectural heritage. It also explains what historic district designation means for property owners.

Police will Digitize Records with Grant

Harrisburg has received a \$483,411 federal Justice Assistance Block Grant to upgrade its police records. With the grant, the city this month will begin to digitize about 5 million incident reports, traffic citations, criminal histories and court orders, which currently are in paper form, said Mayor Stephen Reed. Reed said the grant will go towards the following:

- \$109,075 for a disk storage system
- \$268,844 for document imaging software and hardware
- \$35,995 for photo management software and hardware
- \$40,066 for evidence tracking system software and hardware
- \$30,000 to administer the grant

It's Official: Bridge Lighting Is Done

The city has officially dedicated the new lighting on the State Street Bridge, capping a six-month project that replaced each light fixture with new, antique-style fixtures. All 39 1960s-era cobra head light fixtures were replaced with 63 cast iron light poles with bracket arms. Each pole supports two lanterns, totaling 126 energy-efficient streetlights. Two obelisks at the west end of the bridge are also illuminated with spotlights. The existing lights under the arches over and adjacent to Cameron Street were replaced and are back in service, illuminating the bridge underside. They had been inoperable for years.

Where to Vote in Harrisburg

Comfort Inn–Riverfront 525 S. Front St. (Ward 1, Pct. 1)	Edison Village 101 S. 18th St. (Ward 9, Pct. 3)
Local Union, #143 IBEW 1501 Revere St. (Ward 1, Pct. 2)	Bellevue Community House Briarcliff & Oakwood Rd. (Ward 9, Pct. 4)
Foose School Building 1301 Sycamore St. (Ward 1, Pct. 3)	D.A. Marshall School Hale St. & Harris Terr. (Ward 9, Pct. 5)
Harrisburg Boys & Girls Club Keystone Room 1227 Berryhill St. (Ward 2, Pct. 1)	Our Lady of the Blessed Sacrament 2121 N. 3rd St. (Ward 10, Pct. 1)
Shimmel School 17th & Catherine Sts. (Ward 2, Pct. 2)	Camp Curtin YMCA 6th & Woodbine Sts. (Ward 10, Pct. 2)
B’Nai B’Rith Apts. 130 S. 3rd St. (Ward 3)	Lakeside Lutheran Church Fellowship Hall 245 Division St. (Ward 10, Pct. 3)
St Michael Evangelical Lutheran Church 118 State St. (Ward 4)	Teamsters Union #776 2552 Jefferson St. (Ward 10, Pct. 4)
Second City Church 251 Verbeke St. (Ward 5)	Neighborhood Center of the United Methodist Church 1801 N. 3rd St. (Wards 11 & 12)
United House of Prayer for All People 349 Reily St. (Ward 6)	Melrose School 2041 Berryhill St. (Ward 13, Pct. 1)
Ben Franklin Elementary School 1205 N. 6th St. (Ward 7, Pct. 1)	United Methodist Church 29th & Derry Sts. (Ward 13, Pct. 2)
Capital Presbyterian Church 14th & Cumberland Sts. (Ward 7, Pct. 2)	Holy Family Parish Church 25th & Berryhill Sts. (Ward 13, Pct. 3)
Central Allison Hill Community Center 1524 Walnut St. (Ward 8)	Riverside Fire Co. #15 3203 N. 4th St. (Ward 14)
Mount Pleasant Fire House 13th & Howard Sts. (Ward 9, Pct. 1)	Kappa Omega Psi Phi 2020 State St. (Ward 15)
Shared Ministry 1508 Market St. (Ward 9, Pct. 2)	

Did you know ...

... The Pennsylvania National Fire Museum's 1899 building originally housed Reily Hose Co. No. 10?

... "Old City Hall" was first a school? It only later became a municipal building and is now an apartment building.

... Peace Garden in Riverfront Park has been maintained by the local chapter of Physicians for Social Responsibility?

Harrisburg's Next Mayor: Your Choice

Peter Durantine

Linda Thompson: Dedicated to improving life in the city's neighborhoods.



Hill and Camp Curtain, where the city has worked to improve housing and bring in businesses, need further investment, she said.

Thompson outlined her plan to work with business leaders inside and outside the city in public/private partnerships to create businesses that neighborhood residents would work in and operate.

"Imagine if I could get a Donnie Brown, who owns the Fire House (restaurant on 2nd Street), to put a nice restaurant in a neighborhood and

have people in the neighborhood run that business," she said. "I don't find that vision too big to accomplish."

To prepare neighborhood children for school and the workforce, she wants to convert abandoned buildings to youth recreation centers and mini movie centers. Such places would provide an alternative to the streets, drug use and crime, she said.

To help make and maintain safe streets, Thompson wants to restructure the police department to have two-officer foot patrols walking beats in neighborhoods.

"It allows them to build trust and develop a relationship with the people in these neighborhoods," she said.

Thompson also wants to open up job training centers in the neighborhoods so that young people can get skills and find jobs in businesses based there.

All of this, she acknowledges, will take time. "One neighborhood at a time," she said.

Linda Thompson's campaign headquarters is in a restored home nearly a century old at the corner of State and 14th streets. She could have been downtown, but she chose this location to show that, as mayor, she would be committed to restoring neighborhoods.

Make no mistake, she said, she's committed to downtown's growth. For 16 years as a member of the city council, she has supported outgoing Mayor Stephen Reed's economic development initiatives that have helped the city grow.

Now, she said, it's time to help the neighborhoods, establishing in each one a job-creating economy that will provide safe streets and bring prosperity not only to residents in these neighborhoods, but to the city as a whole.

"When you clean up the inner city neighborhoods, downtown will flourish more," Thompson said. "There are opportunities for businesses in these neighborhoods."

Poor and blighted neighborhoods, such as Allison

Nevin Mindlin: City government needs to focus on core services.



Mindlin is a passionate advocate of the City Beautiful Movement that started in Harrisburg in the early 20th century. He supports the idea of returning Front and 2nd streets to two-lane roads, of diversifying the mass transit system with smaller buses to reach more locations and of making the city, in particular the downtown, more walker-friendly.

When other cities have taken such steps as returning their one-way streets to two-way lanes, there have been demonstrable benefits, Mindlin said.

"They find the property values go up, and the neighborhood thrives," he said. But, he noted, "You can't really have a community unless a community is safe."

For blighted areas where crime is a problem, such as South Allison Hill, Mindlin proposes using large tracts of vacant land for a market where various ethnic cultures in the neighborhood could sell goods.

"Imagine if you could use a site to create a marketplace that binds things together," he said.

Mindlin wants to use federal Community Development Block Grants toward this goal, as well as use the grants to improve streetscapes.

He also believes the city needs a comprehensive plan to direct its progress, and it should be drafted with public involvement.

"We haven't had a comprehensive plan since the 1960s," Mindlin said. "We need to engage this community and find out what it wants."

Nevin Mindlin lives in a 1939, two-story brick home in an uptown neighborhood, where he has spent the last few years working to improve both—remodeling the house and starting the Landmark Neighborhood Association.

"There's a lot of room for improvements in Harrisburg, despite of how far we have come under Mayor Reed," Mindlin said.

Mindlin believes municipal government should focus on its designated services: police, fire protection and providing and maintaining public places, water systems, sewer, roads, etc. Otherwise, the citizenry should decide what kind of community it wants.

"We need to have the public space, but it's the public's choice of what to do there," he said. "Government is here to provide for the general welfare."

One area for improvement he wants to promote: "People participating in their community-civic engagement."

Funds for Capitol Fire Protection Cut

The long-delayed state budget enacted last month slashes the funding that Harrisburg receives from the state for providing fire protection for the Capitol complex.

Under the \$27.8 billion budget, the city will receive \$1 million to defer the costs of providing fire protection to Capitol buildings in fiscal year 2010. In 2009, the amount was \$1.25 million, marking a cut of 20 percent.

Harrisburg officials had feared even greater cuts. An earlier version of the budget would have eliminated compensation to the city for Capitol fire protection entirely.

Local officials were concerned that the reduced funding would put additional strains on a city budget already under significant fiscal pressure. Despite the cuts, the city's Fire Bureau remains under obligation to fully protect the Capitol complex.

For all operations, the 2010 state budget cut about \$400 million in spending from 2009 levels.

Revenue from Slots Swells Statewide

The economy may still be on life support, but that hasn't stopped Pennsylvanians from plunking money into slot machines.

Statewide, gross slot revenue surged by nearly 30 percent in September, compared to the same month last year, according to the state Gaming Control Board.

Most of the gain was due to the two new casinos that have opened this year. Revenue rose by 4.3 percent at the seven casinos opened at least one year.

Midstate residents were particularly eager to part with their cash. Locally, revenue rose by 19.2 percent at the Hollywood Casino at Penn National Race Course in Dauphin County, said the board.

The average daily number of operating slot machines at all slot facilities was 24,924 in September, compared to 16,831 in the year-ago period.

City Assured Enough Road Salt for Winter

Harrisburg is among more than 1,400 local governments assured a supply of road salt this winter at competitive prices, the result of joining a sodium chloride contract managed by the Department of General Services.

The city belongs to the state's COSTARS program, which allows local governments, public authorities and non-profit entities to "piggyback" off more than 200 state agency contracts for commodities, ranging from tires and power equipment to mailroom equipment and supplies.

Many municipalities had problems purchasing road salt last winter. If road salt could be found at all, the shortage drove prices sky-high. Consequently, the COSTARS salt contract membership has surged 35 percent this year, from 1,060 members to 1,431.

State Sponsors Annual Tax Seminar

Again this year, the state Department of Revenue is offering tax professionals one-day seminars across Pennsylvania to learn about changes to the state's tax laws and policies.

Locally, the state's seminar is scheduled for Nov. 17 at Harrisburg Area Community College, 1 HACC Dr. To register, contact mjlampre@hacc.edu or 717-780-2414. A nominal fee is charged. For further information, visit www.revenue.state.pa.us.

Library Groups Laud County Officials

Dauphin County Commissioners Jeff Haste, Nick DiFrancesco and George Hartwick III received two statewide awards for their support of area libraries.

The Pennsylvania Citizens for Better Libraries chose the commissioners for its Local Public Official Award, and the Pennsylvania Library Association gave them its Elected Official Award.

State Marks a Year of Breathing Easily

Choking on secondhand smoke in Harrisburg's many restaurants and bars may seem like a distant memory, but it's only been a year since the state's smoking ban went into effect.

Pennsylvania's Clean Indoor Air Act recently celebrated its one-year anniversary. The law banned smoking in most public places.

"Secondhand smoke has a deadly impact on workers and costs our healthcare system billions of dollars," said state Secretary of Health Everette James.

According to research reports, secondhand smoke contains more than 4,000 chemicals, including at least 60 known to cause cancer.

A recent study commissioned by the Pennsylvania Alliance to Control Tobacco found air pollution in Pennsylvania's bars, restaurants, bingo halls and bowling alleys dropped by an average of 87 percent. Air quality was evaluated before and after the law took effect in a random sampling of businesses statewide.

That study estimated that smoke-free air will save 52 hospitality workers' lives annually.

State Cops Continue DUI Checkpoints

A program that has led to more than 2,400 arrests for driving under the influence during the past 12 months will continue for another year.

Under the initiative, each of the 15 regional state police troops conducts a random sobriety checkpoint within its troop area every weekend.

Pennsylvania State Police Commissioner Frank E. Pawlowski said troopers made 1,574 DUI arrests as the direct result of checkpoints and 868 DUI arrests as the result of roving patrols under the initiative.

The six-county state police region that includes much of central Pennsylvania, including the greater Harrisburg area, chalked up 269 arrests, more than any other region.

For more information, visit www.psp.state.pa.us.

House Sales Up, Prices Down Locally

The number of homes sold in the greater Harrisburg area increased in the third quarter of the year, the first rise in 10 quarters.

According to Central Penn Multi-List, the number of residential housing units sold in the third quarter of 2009 was 2,180 units, up 2.5 percent from the 2,127 units sold in the third quarter of 2008.

The median price dropped modestly during the third quarter. The median sales price of residential homes was down to \$165,000, compared to \$168,000 in the third quarter of 2008.

Listings stayed on the market an average of 77 days in the third quarter of 2009, up from an average of 70 days in the third quarter of 2008.

International Travel from HIA Still Strong

The global recession has certainly reduced travel worldwide. However at HIA, international traffic declined only 1.2 percent versus last year, according to the airport.

More than 200 people each day (7.5 percent of all traffic) flew to or from an international destination. Vancouver, Canada, was the number one international destination at HIA, said airport officials.

Locations throughout Canada, Europe, Asia, the Caribbean and Mexico were the most popular.

Seeking Champions of Older Workers

The state Department of Aging is accepting nominations for the 25th Annual "Hall of Fame of Champions of Older Workers" awards.

Nominations will be accepted for employers who have actively recruited workers 55 and older, and developed training and provided flexible work schedules for them. One large employer and one small employer will be selected.

Nomination forms, due Dec. 4, are at www.aging.state.pa.us.

Living a Jean Dream

The budget, fashion-conscious cotton to Blue Horse Denim.

TheBurg Staff



Owner Haley Hewitt relaxes in her shop, a few of her favorite denim handbags overhead.

Haley Hewitt was ready to open her retail clothing boutique, even had settled on a location where she could reach her target market—young professionals.

But Hewitt is a patient woman. The store she wanted—about 700 square feet with a large window, screen door and wooden floor—was occupied.

She had time, though. She waited a year-and-a-half for 1006 N. Third St. to become vacant.

When it did, she snatched a lease and opened Blue Horse Denim in September, the latest shop to open along what is becoming the fashionable N. 3rd Street corridor.

"I've had sales every day since Saturday," she said, just a week after opening.

Wearing a pair of denim pants—"I always wear what I sell," she said—Hewitt sat in a comfortable chair a local Catholic Church gave her for the shop. This was fulfilling a dream, the 33-year-old said.

However, her mother, Julette Hewitt, was not so sure the timing was right because of the economy.

"I was scared, but she wasn't," Julette said, proud of her daughter. "She does have a lot of confidence."

Haley studied fashion merchandising at the Fashion Institute of Technology in New York City and worked in London for Burtons Menswear, an old and legendary retailer in Europe. She also worked at such stores as The Gap, Costco and Victoria's Secret.

"I just love retail," she said. "I love the interaction with people."

For now, Hewitt lives in Hagerstown, Md., but her family lives in Harrisburg. She said she chose to open her store here because affordable, fashionable clothing was not as readily available in the city.

"There's fashion here, but some times it's not affordable," she said.

While discussing her new shop, a man entered and inquired about a handbag for his wife. Hewitt's handbags were displayed on the glass shelves in her store.

"My handbags start at \$45," she told him. After she showed him her line a men's denim pants, he promised to return with his wife.

The primary reason Hewitt chose her store location was the proximity to the state office buildings, such as the Liquor Control Board and Keystone Building, where many of the employees are young and professional.

"That's the target market I want to reach," she said.

Hewitt loves to wear denim and chose the name Blue Horse because it invokes the strength found in denim material. She said research taught her denim sells well even in an economic downturn.

She plans to start offering workshops on how to wear the right denim clothes and what type of undergarment is comfortable and practical under jeans.

"I love denim," she said. "I wear denim every day, even to church."

Blue Horse Denim, 1006 N. 3rd St. Open Wednesday and Thursday, 11 a.m. to 5 p.m.; Friday and Saturday, 11 a.m. to 7 p.m. 717-315-1662

Urgent Care Center Debuts Locally

Aspire Urgent Care and Family Medicine, a walk-in medical clinic that provides primary and immediate emergency care, has opened at 49 Prince St., Colonial Park, Lower Paxton Township.

The clinic is open seven days a week and is directed by Dr. David White, who is board certified in emergency medicine.

"The urgent care center is designed to complement our region's excellent hospital-based emergency room care, while avoiding the expense and long waits associated with our overburdened emergency system," White said.

Dr. Richard Raynor directs the family medicine practice. Patients will be encouraged to take individual responsibility by making healthy choices, he said.

The practice's urgent care center is open 8 a.m. to 6 p.m., Monday to Friday, and 1 p.m. to 7 p.m., Saturday and Sunday. Family medicine hours are 8 a.m. to 5 p.m., Monday to Friday. For more, call 717-901-3440 or visit www.aspireucfm.com.

Harrisburg Hospital Opens Triage Area

Harrisburg Hospital has begun treating patients in a new triage area, opening the first part of its expanded emergency room.

The triage area is one of four phases in the \$27 million expansion of the hospital's emergency center. Other phases will come on line through early 2011.

When complete, the emergency center will be able to handle about 110,000 patient visits annually.

For more information, visit www.pinnaclehealth.org.

Graystone Opens Office on West Shore

Graystone Bank is expanding across the river, opening a corporate location in Hampden Township.

The bank will occupy an entire floor of an office building on Good Hope Road. Its headquarters will remain on Market Street in Harrisburg.

Fast-growing Graystone also added a branch recently in Elizabethtown and expects to open several others in coming months.



One Crafty Family

At The Hodge Podgery, a mother-daughter team funkify Midtown.

TheBurg Staff

Need a pair of bottle cap earrings or keyboard cuff links? How about a bowl molded from—what now seems ancient—a vinyl record of Jefferson Starship’s “Red Octopus” album, which is, incidentally, ancient.

Welcome to The Hodge Podgery at 3rd and Herr streets, a curious consignment shop where owners Dawn Rettinger and Jessica Phillips-Canzoneri sell and craft items that, as Jessica likes to say, “are fun, funky and funk-tional.”

This mother and daughter team offer everything from the upcycled—recyclable materials rescued before ending up in a landfill—to handmade clothing and art. Want a beer bottle lamp? One available is Bitburger, a German import.

“We grew up in a crafty family,” said 26-year-old Jessica, whose grandmother and great-grandmother baked homemade cakes and made crafts.

A genetic strain is apparent in the family. Jessica’s great-grandfather tinkered and invented useful household items designed to make life a little more convenient.

“We’re always making something out of nothing,” said 44-year-old Dawn, who does the bookkeeping and has experience in finance and truck-driving.

The two women complement one another; both are warm and friendly and greet customers who enter their inviting little shop with smiles and laughter.

“Our personalities are hodge podgery as well,” Jessica said.

The shop opened July 21, just three months after a “brainstorming session” the two women had about starting a business. “We’re always brainstorming ideas, and we brainstormed this one,” Jessica said.

It is Jessica who is the craftier of the two. She designed the bottle cap earrings and has been doing craft shows since she was a child. She has a degree in culinary arts, but found

that cooking for a living wasn’t her favorite creative outlet.

“For Christmas presents, Jessica always makes something for everyone,” Dawn said, before showing off her floral print skirt, an upcycled item that was once a bedsheet, though it’s now difficult to imagine it once covered a mattress.

Ninety six consigners—artists, clothing makers, craftspeople—contribute to the shop’s wares. The proprietresses insisted they be local. “We’re very community-based,” Jessica said.

The shop, the merchandise and the craft workshops the women conduct are designed with the mindset of protecting the environment and conserving resources, Jessica said. “That’s the basis of everything—the Green Movement.”

Workshops are conducted in the shop and include such classes as card folding, sewing, soldering and jewelry. The women demonstrate how to re-use landfill-bound items into things that are “fun, funky and funk-tional.”

“It’s a concept we’re trying to get people to grasp,” Jessica said. “We hate saying the word ‘old.’ We say re-purpose.”

Dawn showed a small jewelry box decorated with newspaper folded in Japanese origami art style and said, “We try not to throw anything away.”

The Hodge Podgery, 1100 N. 3rd St. Open Tuesday to Friday 11 a.m. to 7 p.m.; Saturday, 10 a.m. to 5 p.m. Shop is open later when classes are held. 717-236-0150; thehodgepodgery.com



The Hodge Podgers of Harrisburg: Dawn and her daughter Jessica.

It's a New Day in the City of Harrisburg!

On November 3 –

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Want to Invest in Real Estate? Look—then Look Again—before You Leap

Ray Davis

Investing in real estate has been gaining popularity in recent years.

For some, it is, “Something I always wanted to try.” For others, it is a way to put their handyman skills to work or to diversify their investments. Regardless, the goal is generally the same: financial gain!

Investing in real estate can range from improving one’s own residence for resale to rehabbing and re-selling other homes. Some people prefer to invest by owning a property over the long-term for the rental income. Also, some investors hire a property manager to handle the day-to-day operation, while others are more hands-on.

Whichever strategy an investor chooses, it is important to research facts and figures in order to make an informed decision. Here are a few simple guidelines to consider if you are thinking about investing.

Know yourself, your capabilities and your limitations.

Investors who are able to wield a hammer without doing any damage can save money by improving the property themselves. Others are best to leave improvements to a capable and reliable contractor. Investors with limited time, who want a longer-term investment, might consider a newer building that requires less maintenance. Please—don’t be overly ambitious.

Do your homework

Before purchasing a property, be sure your investment makes sense. For instance, research how much similar buildings are renting for and crunch the income and expense numbers. When obtaining income and expenses from the seller, be sure they are accurate. When projecting your own income and expenses, remember they might vary if you, for instance, incur the cost of a property manager, or need to make substantial improvements.

Know your market—before and after
If you are purchasing a property to rehab and resell, research not only the “as-is” value before submitting your offer, but also the “as-improved” value. If the cost of improvements, acquisition cost, carrying costs and

profit exceed market value, you stand to lose money before even beginning! I have known many investors who are blinded by their enthusiasm for a project and neglect to calculate their projected costs—or they base their decisions on an unrealistic opinion of value and end up renting or selling at a loss.

More than just paint and carpet
Many amateur investors think they can get rich quickly by purchasing a dilapidated property and giving it a cosmetic facelift. They neglect to realize that often these properties have not had any maintenance to the major components, such as the roof, heating, plumbing, etc., for years. When a buyer comes along, a home inspection reveals the deferred maintenance. Buyers on a limited budget, or using financing such as FHA or VA, cannot consummate the purchase of a property in disrepair. If the seller cannot correct the items of concern, the buyer terminates the agreement.

Avoiding surprises (at least some)
Recently, I sold a property for some amateur investors who had done a lovely job of refurbishing a blighted property. I noticed that the roof was aged and suggested they have a home inspector perform a routine inspection. Their eyes were opened as the inspector noted many things they had not seen. Pre-marketing inspections are a sure way to help avoid most surprises.

Selling a rehabbed property is more than accepting an offer and waiting for settlement. Managing a rental property portfolio is more than simply collecting rent checks every month. Establishing goals, developing a strategy, researching the market and paying attention to the details are the keys to realizing the financial gain that motivates most investors. Good luck!



Ray Davis is a real estate salesperson with RE/MAX Realty Associates, Inc. He has lived in Harrisburg since 1986 and been a realtor for 17 years.

rdavis@capitalareahomes.com

Changing Hands: September Property Sales

Berryhill St., 2249, Kiem V. Dieu from Audrey N. Berger: \$58,000

Berryhill St., 2429, Glenda Oliver from Howard & Doris Talton: \$66,400

Bigelow Dr., 10, Cassandra Carrasco Velez from Richard C. Reese: \$69,500

Boas St., 222, Nicole Laudeman from John J. Goldsmith: \$115,000

Calder St., 504, Paul Maruszewski from Ramone Bonhomme: \$110,000

Calder St., 523, Andrew Johnson from Juanita Burke: \$107,000

Camp St., 525, James E. Carroll from PA Deals LLC: \$38,500

Capitol St., 905, Steven P. Mull from Steven Kersting & Denise McMillen: \$150,000

Derry St., 2003, Dawn Saylor from Ellen Gladfelter: \$67,900

Derry St., 2431, Aaron Williamson from Titus & Jehava Brown: \$78,700

Dunkle St., 551, Jesse Peterson from Richard & Linda O’Neal: \$50,000

Emerald St., 214, Kirk Petroski from Adolf Gomez & Alma Leon: \$112,300

Fulton St., 1322, Brendan O’Leary from Elaine Burns: \$142,000

Geary St., 622, Ricky Lee Gutshall from Kusic Financial Services LLC: \$51,625

Green St., 1701A, Rachele Myers from Timothy Schoettle: \$203,000

Green St., 1915, WCI Partners LP from Glenn Sullivan: \$90,000

Green St., 1924, WCI Partners LP from Randy & Larae Derr: \$115,000

Hamilton St., 623½, Buonarroti Trust from Valerie J. Holmes: \$73,000

Hummel St., 345, Jason & Krystal Glick from Arlene Kimberling: \$31,000

James St., 1327, Samuel & Diane Noto from PA Deals LLC: \$46,500; PA Deals LLC from Wells Fargo Bank NA Trustee: \$33,500

Kensington St., 2322, JAK Investment Prop. LLC from Edward & Helen Weiss: \$42,500

Market St., 1842, KCS Investments Associates Inc. from Aurora Loan Services LLC: \$50,000

Mercer St., 2433, David C. Smith from Michelle Grismayer c/o Geraldine Grismayer: \$48,000

Muench St., 410, PA Deals LLC from HSBC Bank USA: \$43,000

North St., 239, Kyle Phillips Sheetz from W&S Builders Inc.: \$185,000

North St., 1942A, Robert Speece from Justin Moyer: \$39,000

N. 2nd St., 1113, Pharma Enterprises from Kyzer Rentals LLC: \$150,000

N. 2nd St., 1418, Louis Roteagliano from Dorothy McKissick: \$91,000

N. 2nd St., 1617, Matthew Tanzani from Gary LaBelle: \$80,000

N. 2nd St., 2309, Lauren Fealtman from Safa & Rachel Farzin: \$105,900

N. 3rd St., 1900, Teresa Thomas from Craig M. Wiley: \$74,900

N. 4th St., 2543, Leta Deatrick from David Bailey: \$55,250

N. 6th St., 1623, Ronald & Tawny Davis from Kurshida & Rehman Masood: \$137,000

N. 6th St., 2711, EOB Properties LLC from Green Tree Consumer Discount Co.: \$34,000

Paxton St., 1730, O’Neil Masters from Anthony Nguyen: \$67,000

Penn St., 1308, Renaissance Managers LLC from Howard Lewis Jr.: \$60,000

Penn St., 1820, Shervon & Chivan Matthews from Modern Innovative Props. LLC: \$109,900

Penn St., 1925, 1931, 1933, 1935, WCI Partners LP from M. & J. Lucas: \$80,000 each house

Penn St., 1930, WCI Partners LP from Fannie Mae: \$52,500

Pennwood Rd., 3220, Kathryn Fansler from Robin Rommel: \$49,500

Reily St., 309, Leslie Fickes & Jacqueline Heath from Kiambu Bryant: \$52,000

S. 13th St., 445, RWM Properties LLC from M&T Bank: \$40,000

S. 18th St., 948, Stephanie Bivins from Ely & Donna Tal: \$76,900

S. 25th St., 702, Kevin & Nicole Williams from Fedor & Angela Hernandez: \$141,500

S. Cameron St., 1607, John & Rebeka Mallonee from Aldridge Investments LLC: \$58,298

S. Front St., 545, John Small Jr. from John Quinn Jr.: \$130,000

State St., 1338, Golden Property Investments LLC from Gary Neff: \$30,000

State St., 1807, Melvin & Tracy Stoltzfus from PA Deals LLC: \$43,000

State St., 1907, Samuel L. Branch from La Terre LLC: \$32,000

Susquehanna St., 1912, Nicole Carter from WCI Partners LP: \$139,900

Swatara St., 2010, Rickey Lee Gutshall from Kusic Financial Services LLC: \$46,000

Valley Rd., 2303, Daniel & Mary Asmus from E. Lloyd, Wm. Turner Jr. & Ann Turner: \$227,000

Wyeth St., 1417, Yvonne Jackson from Cartus Financial Corp.: \$130,000

Yale St., 216, Shawnta Kent from James & Gretchen Hobbes: \$65,000

Source: Dauphin County, property sales for Harrisburg, greater than \$30,000. All data is deemed to be accurate.

Eating Slowly, Simply, Well

Global Slow Food movement catches on locally.

Pat Carroll



HACC culinary student Megan Eckenrode plates appetizers at a recent Slow Food dinner.

Farm to table is a short trip if you live near the best farmland in Pennsylvania.

That's what inspired Curtis Vreeland to found Slow Food Harrisburg, the local branch of a worldwide movement that emphasizes local, traditional and healthy approaches to growing and consuming food.

And it's what pushes local chefs and culinary students out into the fields of Pennsylvania in search of the best lamb, duck, bison and veggies they can put on your plate.

Vreeland, who lives in Shipoke, is a consultant for the confectionary industry and writes an annual market survey for Candy Industry Magazine. A few years ago, he read a news story about Salone Internazionale del Gusto, the annual Slow Food expo held in Italy.

"In my professional career, I attend a lot of food shows," he said. "But seeing the photos of fantastic hand-crafted produce—whole aisles devoted to breads, to beer, to cheese—was an epiphany."

In Italy, where the Slow Food movement started, no problem. But did we have hand-crafted produce here? Yes, with micro-greens grown to order. Did we have good local beer? Again—yes.

"Lucky folks in Harrisburg have two of them right in town," said Pennsylvania beer expert Lew Bryson about Troegs and Appalachian Brewing Co. "And

Stoudt's is just down the Turnpike."

Did we have artisan cheese? Sure thing, as there were 17 local creameries when Slow Food Harrisburg cooked its first Producers Dinner for the public last year in the Olewine Center for Culinary Arts at Harrisburg Area Community College. Cheese was the featured food.

Bringing HACC to the table was perhaps Vreeland's best insight.

With culinary program dean Linda Lefevre on board, he sat down with chefs Michael Finch, Autumn Miles and Jim Switzenberg to talk out the concept of Slow Food and the first menu, which culinary students would prepare and serve under chefly guidance.

"Our philosophy is that all the food for these events is going to be bought from a local farmer within 50 miles of HACC," Switzenberg said.

So for the sake of Slow Food Harrisburg, chefs Switzenberg and Miles took students and other foodies on the road in September. Their first stop: Palmyra's Producers-Only Farm Market, a European-style open-air venue started by the Lebanon Valley Food and Farming Association to promote sustainable

agriculture and eater education.

Eater education? That's just what Switzenberg is talking about.

"I think where Slow Foods could do better is more education," he said. "The biggest problem with America and food is people just don't know."

To fix that, Vreeland schedules area farm tours and collaborates with local ag organizations such as PA Preferred, Buy Fresh/Buy Local and the Pennsylvania Association for Sustainable Agriculture. Slow Food Harrisburg welcomed food activist Gina Mallet last summer to discuss her book, "Last Chance to Eat."

At the October's producer dinner, game birds and exotic mushrooms were featured. The next dinner is scheduled for January.

As growing season ended last month, Switzenberg planned one last visit to the farm to begin to plan for next year.

"We wrote a preliminary idea of what we want for the food," he said. "Now we're going to go direct to the farmer, look at his land, look at what he has and talk to him about what he expects he'll be able to give us."

For more information, visit www.slowfoodusa.org; for local events, www.SlowFoodHarrisburg.wordpress.com. To get on the e-mail list, contact SlowFoodHarrisburg@gmail.com.

County Announces Electronics Recycling

Dauphin County's electronics recycling center will be open on Saturdays, Nov. 7 and Dec. 5, 8:30 a.m. to 4:30 p.m. The center also is open weekdays during the same hours.

The county recycling center is located off S. Cameron Street near the Steelton-Harrisburg line. Dauphin County residents can recycle their electronics for free.

Call 717-982-6772 or visit www.dauphincounty.org/waste-management-recycling/recycling.

HU Sets Open House

Harrisburg University is holding an open house on Saturday, Nov. 14.

The free event will take place 10 a.m. to 2 p.m. at the university, located at 326 Market Street. Attendees will be able to learn about the university's many academic programs, speak with representatives, participate in hands-on demonstrations and tour the state-of-the-art Academic Center. Refreshments will be served.

For more, contact Connect@HarrisburgU.edu or 717-901-5101.

An Eyesore Vanishes



Last month, the city razed this Victorian-era building at the corner of 15th and Regina streets on South Allison Hill. The structure, while historic, had been vacant for more than 14 years, was unstable and had become a hazard to the community, according to the city. In recent years, much of this area has been restored or rebuilt.

On Becoming a Man

Male mentoring program seeks to guide youth when fathers are absent.

Faith Camp

The apple doesn't fall far from the tree.

It's a common cliché, around for decades, and often true for families where fathers are absent, in jail or abusive. But more and more, men in central Pennsylvania recognize the need for positive male leadership to make a difference in the family and community.

"Our children are looking up for role models, and all they see is them falling," said 39-year-old Alphonsa F. Bullock, founder and CEO of Dream Maker Transport, one of the area's male mentoring programs.

Bullock, who moved to Middletown from North Carolina in 2001, decided to start his faith-based youth organization a year later, when he noticed an abundance of fatherless children and a lack of male leadership.

The group's purpose is to serve the needs of disadvantaged and at-risk youth. Its name is meant to invoke the idea of transporting the love of God from one life to another.

"A great many of today's youth are victims of broken families, misguidance or the lack thereof, and/or a lack of positive

encouragement," Bullock said.

"This, in turn, leads to our children's deviant behaviors and long-term setbacks, which could have been avoided under proper influence."

Bullock cites his own story as a case in point. As a young man, he spent two years in prison on assault charges and says he now is determined to become a male role model for young men—the positive influence he never had. His personal experience, raised by a single mother, led him to start this organization, and it gives him the passion to pour energy into it.

"A woman can train a man but it takes man to make a man," Bullock said.

Dream Maker aims to provide a "safe-haven" for youth affected daily by turmoil in society. He said the goal is to teach boys how to employ their God-given abilities and not fall into debilitating habits of laziness, disrespect and mistreatment of self and others.

"It is our goal to help redirect our youth in a more positive and productive way of thinking," Bullock said. "We aim to equip our members in ways of self-improvement and wellness in both the body and the mind. Through use of bodily exercise, proper diet and educational strengthening, we believe the youth will gain an understanding and encouragement of their individual self-worth."

Bullock is affectionately known as "Mr. Chubb" to the young people he works with and encourages.



Local children take time to play some pool at Dream Maker Transport.



Alphonsa F. Bullock, head of Dream Maker Transport, outside the group's headquarters in Middletown.

Last month, he received a 2009 Cornelius Award from Arms Around Communities, a faith-based service organization. The award recognizes area men who set a good example for their families and take the time to mentor others in the community. Their motto is "never look down on anyone unless you're taking the time to give them a hand up."

Dream Maker's community center is similar to the Boys and Girls Club. It has a game room with air hockey tables and a big-screen TV, a weight room and a study hall. Anywhere from 25 to 55 children and young adults use the center each week.

Although the center is used by young men, a woman volunteer, Darlene Harmon, is available to mentor the 10 young girls who currently use the facility. Harmon takes the girls to the library and movies, listens when they need to talk and encourages them to become knowledgeable about current events.

"There is no value we can place on the improvement of our youth," Bullock said.

Dream Maker Transport
56 Emaus Street, Middletown
717-930-0522 (O); 717-756-5872 (C)
<http://dmtsafefhaven.com>

Say Cheese! Pose with a Hydrant

The Hershey Harrisburg Regional Visitors Bureau is urging people to "strike a pose" with their favorite decorative fire hydrant located throughout the downtown district.

Photos submitted to Info@HersheyHarrisburg.org will be posted on the bureau's social photo sharing website, [Flickr.com/photos/HersheyHarrisburg](https://www.flickr.com/photos/HersheyHarrisburg/). They also can be mailed to Hershey Harrisburg Regional Visitors Bureau, 17 S. 2nd St., Harrisburg, PA 17101.

The project is meant to continue the awareness of this summer's "Hydrant Hysteria" art program, organized by the Harrisburg Downtown Improvement District.

Zero Energy House Rises on Allison Hill



Harrisburg's first "net zero" energy house recently was completed at 340 S. 16th St. With solar panels, advanced insulation and many other features, the home consumes no gas or electric energy. The house was built as part of the Mount Pleasant Homes development by Tri-County HDC. For more information, call 717-231-3604.



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Plugging the Hunger Gap

Ecumenical Food Pantry meets emergency food needs.

Michael Mark

For nearly four decades, the mission of the Ecumenical Food Pantry has been to provide food to help meet the emergency needs of people in the greater Harrisburg area.

We will provide a three-day supply of food to any client who presents a voucher from a referring church or social agency that has verified the client's need and family size. We currently partner with more than 50 such organizations in providing emergency hunger relief. Clients may return to the Pantry after 30 days with another voucher and receive another three-day supply of food.

We are now in our 38th year of operation. The Pantry first took shape as the floodwaters of Hurricane Agnes devastated vast areas of Harrisburg in June 1972. With the disruption of the flooding, many area residents found themselves without food or access to grocery stores. Pastors, priests and local residents realized a coordinated response was required. Messiah Lutheran Church, sitting on high ground at 6th and Forster streets, was selected as a site for food collection and distribution. Two pastors, along with 11 women from Messiah and Lakeside Lutheran churches, founded what was then called the Food Bank.

Later, our name changed to Ecumenical Food Pantry to note the added support of many other churches, and to differentiate our pantry, which serves individuals and families in the greater Harrisburg area, from the Central Pennsylvania Food Bank, which acts as a wholesale supplier serving hunger relief programs in 27 counties. We are the largest food pantry serviced by the Central Pennsylvania Food Bank.

The Pantry is still located at Messiah Lutheran Church, operated and staffed solely by volunteers now numbering more than 200. On a typical day, 12 to 15 volunteers work at the Pantry registering clients and packing orders for pickup. On Mondays and Wednesdays, another six to eight volunteers receive food shipments and restock shelves.

Orders are packed based on family size. Non-perishable items are pre-packed to keep the waiting-time for clients to a minimum. We aim to provide nutritious foods. Typical canned and packaged items include cereal, juice, soup, peanut butter, vegetables, beans, fruit, tuna, spaghetti sauce, tomato sauce, spaghetti, rice, macaroni and cheese, crackers, pudding and powdered milk. Frozen and refrigerated items are added to the orders when they are picked up and include ground beef, cheese, eggs, margarine and bread. Baby food and personal

hygiene products are also available upon request when in stock.

On an average day during the last fiscal year, we filled 36 orders for households with a total population of 122 people. We were open 239 days and, over the course of the year, provided food for 265,000 meals to 29,000 clients. The number of people served in the last fiscal year increased 28 percent over the previous fiscal year.

The Food Pantry is funded through a grant from the commonwealth (the State Food Purchase Program) and by financial contributions from local churches, organizations and individuals. The grant is used to purchase food from the Central Pennsylvania Food Bank. Portions of financial contributions are also used to make purchases from the Food Bank when the grant monies run out. Some items not available from the Food Bank are purchased from area supermarkets. Contributions also fund our administrative and operating expenses.

Many churches and organizations make regular donations of food to the Pantry. This provides donors with a very real and tangible sense of helping those in need. Food donations are most effective when they follow a suggested list of needed items.

Over the years, we built a reserve fund through prudent financial management. That reserve is currently allowing us to continue to provide the same level of service as we have in the past. Our income in the last year actually increased, but our expenses increased to a much greater degree. We are hopeful that we will find the support within the Harrisburg community to help us meet the increased needs of hunger relief.

Located in Messiah Lutheran Church, 901 N. 6th St., Ecumenical Food Pantry is open Monday to Friday, 9:30 a.m. to noon, and 12:30 p.m. to 2 p.m., except holidays. Wednesday morning's session ends at 11:30 a.m. to avoid conflict with worship services.



Michael Mark serves on The Ecumenical Food Pantry's board.

Local Clinic Fills Sore Need for Dental Care

Twice a month, outside Christ Lutheran Church in Allison Hill, people line up for free dental care. For the last seven years, Mission of Mercy has been offering the clinic to anyone in need.

"Many of these people have never seen a dentist," said Linda Ryan, executive director of Mission of Mercy, a nonprofit based in Fairfield, Pa., that has been offering free dental, medical and prescriptions since 1994.

A mission visit in October brought 12 people to the makeshift dental clinic at 124 S. 13th St. Ryan said the clinic often draws as many as 100 people, many camping out the night before.

"It's not uncommon to have them waiting since twelve o'clock midnight," she said.

Patients who have never seen a dentist usually need anywhere from three to five procedures. For the 12 patients, the volunteer dentist performed 38 procedures that day.

Medical research is finding links between poor dental health and serious problems in the rest of the body, said Dr. Richard Klitch, vice president and national dental director for United Concordia, which provided the clinic's dentist that day.

"A healthy mouth may help other parts of the body stay healthier," Klitch said.

—TheBurg Staff



Dentists provide free oral care at the Mission of Mercy clinic.



A volunteer stocks the shelves at the Ecumenical Food Pantry.

One Man's Inspiration

Arnold Brunner designed much of the Capitol Complex.

Jason Wilson

The large neoclassical buildings surrounding the main Capitol, the most significant grouping of such structures in the nation, are the result of one man's inspiration—New York architect Arnold W. Brunner.

Upon the 1906 completion of the Beaux Arts Capitol—designed by Philadelphia architect Joseph Huston—the four-story, 475-room building was already overcrowded with state agencies. The commonwealth sought to alleviate this problem through a series of buildings constructed for the state's growing departments.

In 1915, the state started buying land east of the Capitol in an area then known as the eighth ward. In 1916, the Board of Public Grounds and Buildings hired Brunner to design a comprehensive plan for the expansion. Brunner's plan proposed a complex of four huge buildings in the area of the eighth ward. The plan also included a large bridge, which would become the eastern entrance to the complex, a grove of trees between the structures (today's Soldiers' and Sailors' Grove) and a

large terraced fountain immediately east of the Capitol.

By 1919, all of the properties east of the Capitol had been acquired. Construction of the South Office Building, meant to house the Department of Education, began in 1920 and was completed in 1923. Around this time, several temporary barrack-like structures were also built behind the Capitol and used as overflow for state agencies.

Brunner died in 1925, well before he could see all the complex buildings constructed. His associates William Gehron and Sydney Ross were left with the task of completing

the final three structures during the Great Depression.

Construction was undertaken on the North Office Building and Soldiers' and Sailors' Memorial Bridge from 1927 to 1930. The new Education Building (now commonly known as the Forum) was built from 1930 to 1934, and the Finance Building was built from 1937 to 1940.

It was not until 67 years later that the final piece of Brunner's plan was completed with the construction of the Capitol's East Wing, built between 1983 and 1987.

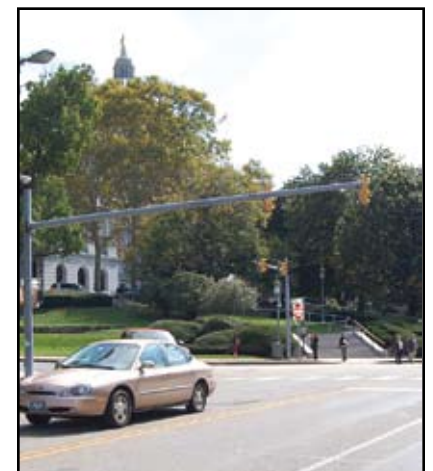
Citizens of Harrisburg are fortunate that an architect as talented as Brunner was involved in the design of the Capitol Complex. His cohesive design gives Pennsylvania one of the most monumental and architecturally significant groups of neoclassical state buildings in the United States. All of the buildings together are collectively eligible as a National Historic Landmark.

Jason L. Wilson is a research historian for the Capitol Preservation Committee.



State Street at N. 4th before the Capitol Complex (left); and the same area as the North Office was built.

Then and Now



Circa 1940, you could fill up the car and grab a bite at a greasy spoon a stone's throw from the Capitol (left). The scene is much tidier today at the corner of 3rd and North streets. Our thanks to the family of Edgar L. Ward, who shot the historic photo. Would you like to share a photo of old Harrisburg with readers of TheBurg? If so, please contact our editor Pete: pdurantine@theburgnews.com.

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From Vietnam, with Soup

War and struggle brought a family to Harrisburg. Now, lunch is served.

TheBurg Staff



Hearty soups, such as chicken with white noodles, are signature dishes at Vietnamese Garden.

From Saigon to Harrisburg, Loc Nguyen and his family had known nothing but struggle. Now, as owners of Vietnamese Garden Restaurant on Midtown's Reily Street, things look much, much brighter.

Loc, his wife and his parents bought the business eight years ago. The first four years were tough going. He said the previous owner, also Vietnamese, had failed partly because the cuisine was a little too exotic for local tastes.

"But now the city is getting better and better," Loc said, glancing out the window at the intersection of 3rd and Reily. "More people like to try something new."

The Garden's menu is traditional Vietnamese dishes. Most popular

are the soups: beef, chicken and shrimp noodle. Served in large bowls with decorative Oriental art, the soup—a hearty, traditional dish called "pho" in Vietnamese—has generous portions of meat.

Loc said that, in Vietnam, rice is mainly eaten at home, but soup with either the white noodle (made

with rice) or yellow noodle (egg and flour) is something one goes out to a restaurant to eat.

"I like the beef noodle soup the best," he said, noting the base of the broth consists of juices from the meats. "It's healthy. There's no fat or oil, and the meat is fresh. You can eat it every day."

Loc insists on authentic foods. Even the coffee, *càfé den nong*, is Vietnamese. All of it is reasonably priced.

Bob Lynch of the Linglestown area is a regular customer and said he particularly enjoys coming in for soup in the fall and winter months. "It's great for colds," he said, enjoying lunch one Saturday afternoon with his son, Joseph, and stepson, Matthew Whitmer.

Just as interesting as the menu is the story of how Loc and his family arrived here.

Before Loc was born, his father, a native of Saigon, fought in the Vietnam War as a second lieutenant for the South Vietnamese army under U.S. military command. At the end of the war in 1975, when the communists in the

north won control of the country, his father, Phong, was sent to a re-education camp.

The communists released him four years later because Phong suffered a stomach ailment. Once well, he went in search of his wife, Phuong Phan. He found her out in the country, where the government forced many people to live and farm, said Loc.

Two years later, the now 28-year-old Loc was born. Phong and Phuong, no longer allowed to live in Saigon, had two more children and spent their lives raising their family in the country.

In the early 1990s, when the two enemies sought to improve peacetime relations, the United States and Vietnam agreed to allow the immigration of certain ranked officers of the former South Vietnamese army. In 1996, Loc and his family moved to this nation.

They settled in Lancaster. His parents worked for several years in a metal-making factory, saving money to buy a business. In 2001, they bought the restaurant.

"We came here poor," Loc said, proud at how much his family has accomplished in the 13 years since their arrival. "We feel happy and lucky we are here."

Loc's father seems a content man these days, found one lazy afternoon quietly at work, painting an old corner gas station in their parking lot lime green while talking to a stranger in



Owner and chef Loc Nguyen of Vietnamese Garden in Midtown.

Vietnamese about his restaurant.

His family has returned to Vietnam to visit several times. It remains a poor country, although one that is changing quickly. Its government, while still officially socialist, now encourages private enterprise, giving the people there hope for a better future.

"They're not talking about the Vietnam War anymore," Loc said. "Now they're talking about business."

Vietnamese Garden, 304 Reily St. Open Monday to Thursday, 9:30 a.m. to 6 p.m.; Friday and Saturday, 9:30 a.m. to 8 p.m. Closed Sunday. 717-238-9310.



Bob Lynch, his son Joseph and his stepson Matthew Whitmer scoop into generous bowls of "pho."

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tkwildtree@comcast.net / (717) 571-2341

"GIFTS FOR EVERYONE ON YOUR LIST"

Mother Mocha

Meet the bean that gave rise to the world's coffee culture.

Ambreen Esmael

*"O Coffee, thou dost dispel all care,
thou art the object of desire to the
scholar." Arabic Poem 1511*

Many believe coffee to be from Europe and only know the history of coffee according to the much-loved French cafés. However, coffee-drinking dates back much further in history. So let us journey into the land of a thousand tales, following the caravans traveling the deserts of Arabia, one of oldest regions to fall in love with the virtues of the coffee bean.

The bean is actually native to Ethiopia, migrating out of Africa and into Yemen and Egypt. According to early historians, Sheikh Gemaleddin mufti of Mokha discovered the merits of coffee and is considered the prime advocate for the use of coffee as a drink in Arabia. A famous manuscript written in 1587 is known as the first authentic account of the origin of coffee and shows evidence that the love affair between coffee and man began in the 1400s.

The mocha bean received its name from its original place of import into Arabia, the port of Mokha in Yemen. The bean—and the drink—were later introduced to Europe by Marco Polo who,

after traveling through Arabia, presented the beans to the Duchy of Archipelago in Venice. Hence the word "café" derived from the Arabic word *cafea* for coffee.

Even though the consumption of coffee was banned in many regions due to religious bias and restrictions, coffee-drinking and coffeehouses became extremely popular, especially during the Ottoman conquest of Egypt and Syria in the 1500s. This is also the time when storytellers moved from streets into the coffeehouses, and the influence of coffeehouses became evident in Arabian literature.

In my experience, the mention of the mocha bean often renders comments like: "I don't like flavored coffee," or "Is that chocolate?"

The bean does have smooth undertones of nutty chocolate flavors, but it is not chocolate. The confusion arises because many coffeehouses today serve a drink that they call a "café mocha," which is really an espresso drink with chocolate or chocolate syrup added.

As a bean, mocha deserves our respect. Mocha Yemen varietals are one of the most well-balanced and smoothest-tasting beans. Today,

mocha beans (also called Sanani or Mocha Sanani beans) are prized throughout the world.

The coffee culture in Arabia has changed drastically over the years and harvesting coffee is not considered as profitable as it used to be, thus creating a void in the Arabian bean market and a high demand for true "mocha."

Traditionally, the mocha is harvested in a unique way, in which the bean stock is stored and let sit in underground caravans. The nature of the bean allows it to age gracefully rather than turn stale.

Understanding the evolution of coffee beans can teach us history and connect us to one another, as it has always been a catalyst in art, philosophy and science.

However, over the years, we have segregated the coffee culture and lost our inspiration to create new and inspiring ideas. Now that you have traveled to Arabia, you can appreciate the mocha bean and what it represents. So, the next time you sip a cup of coffee, try to taste the flavors of the region. I hope the new generation of coffee drinkers will restore this lost culture.



Ambreen Esmail is
a coffee artisan and
owner of Café di
Luna, 1004 N. 3rd St.,
Harrisburg.
www.cafediluna.com

Bell Ringers Needed by Salvation Army

With a goal to raise \$300,000, the Salvation Army of Harrisburg seeks volunteer bell-ringers for its Christmas Kettle campaign that runs from Nov. 16 to Christmas Eve.

In 2008, the Salvation Army paid more than \$72,000 for employees to be stationed at kettles throughout the area. Only 23 percent of bell-ringers were volunteers.

"The need is greater this Christmas season than at any other time since the Great Depression," said Captain Tim Lavenbein. Red kettle donations allow the Army to feed the hungry and clothe the needy, he said.

Volunteers are needed at 2nd and Market streets downtown and at Strawberry Square. They're also needed at numerous area retailers.

Red kettle campaign contributions directly support services in the capital region, which includes outreach to Dauphin, Cumberland and Perry Counties through volunteer service extension groups and a number of youth and adult programs and services.

To volunteer, contact Captain Lavenbein at 717-233-6755 or tim_lavenbein@USE.SalvationArmy.org. For more information, visit www.salvationarmyharrisburg.org.



Arts at 510
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Harrisburg PA

717-724-0364
www.artsat510.com

Presenting Watercolors by Sara Steele,
internationally acclaimed artist famous for
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Celebration, November 6, 5:10 to 7:10.
Exhibit continues through November 28.

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check out his first novels
www.albano-theletters.com

A Quick Trip to Sicily

Take your tastebuds on a Mediterranean vacation.

Rosemary Ruggieri Baer

My beautiful mother talked often of Sicily. Her parents emigrated from the historic city of Palermo in the early 1900s.

Her travels with my father took her there, and she described Sicily as incredibly beautiful. It is the largest island in the Mediterranean, an agricultural land known for its lemon and orange groves and, unfortunately, for its association with the Italian Mafia. Sicily and its sister islands, Corsica and Sardinia, have become increasingly popular tourist destinations.

My mother and her siblings had lighter skin and eyes than my father's southern Italian clan. Once, I heard her remark there could be French blood running through her family (Rezzo) line. And that might be true. Over the centuries, Sicily was invaded and inhabited by numerous tribes and nations. Arabs, Greeks, Romans, Germans, French and Normans have all influenced Sicily's culture and cuisine.

Many well-known Italian desserts such as biscotti, cannoli (fried pasty tubes filled with ricotta cheese and dried fruits), pignoli (pine nut cookies) and cassata ala siciliana, a wonderful cake served at the holidays, are native to Sicily. The food of Sicily relies heavily on the citrus fruits abundant there, as well as the varieties of fish harvested from its blue waters. Sicilian cuisine combines savory and sweet ingredients in unusual ways, reflecting its Arab heritage.

I have two favorite dishes that have what I like to call "Sicilian touches."

Fish Dish

The first is a version of the traditional Sicilian recipe for marinated fish. I call it fish with onion relish, and it's very easy to make.

Choose 4 firm white fish filets such as flounder, sole or tilapia. Dry the filets with paper towels and dip them in a mixture of eggs and a little cream or milk. Then coat them with dried breadcrumbs, either plain or seasoned, and pan fry them in a little olive oil in a large skillet or sauté pan.

Be careful not to crowd the filets and use medium heat to avoid burning. Do not turn the fish filets until they are golden brown on the first side. Then brown the other side, remove to a platter, salt lightly and keep warm in a very low oven.

Take 1 large sweet onion, such as a Vidalia, Spanish sweet or candy onion, and cut it into thin slices. Separate the onion slices into rings and sauté in the same skillet with several tablespoons of olive oil. The key here is to take a long time to

cook the onions so they become almost caramelized.

When they are very soft and golden in color, sprinkle about a tablespoon of sugar on them and cook for a few more minutes. Add a handful of drained and rinsed capers and a few drops of balsamic vinegar and stir gently. You now have an onion relish that is almost sweet and sour in taste. (Some traditional recipes for marinated fish call for adding raisins to the onions, but I prefer capers. You might try it with both.)

Remove the fish filets from the oven and top each one with some of the onion relish. This dish can be served warm or at room temperature, and its surprising flavors may convert those in your family who are not particularly fond of fish.

Orange Salad

Another Sicilian favorite of mine is an orange salad that is wonderful for a winter holiday dinner.

Take 3 or 4 navel oranges and remove all the skin. Then pare away all the white pith until you can see the orange segments. Slice the oranges into thick rounds and place on a platter. Top the oranges with rings of thinly sliced red onion and ¼-cup of black-cured Italian or Greek olives. Drizzle the plate with extra virgin olive oil and garnish with a little parsley or basil for color.

Like the fish, this orange salad marries sweet, pungent and salty flavors in an unexpected way. I have served this salad with roast beef, but it would also add a fresh touch to a Thanksgiving dinner.

The strong flavors of the fish will stand up nicely to a full-bodied Chardonnay, but you could also try a light red. The oranges could be paired with a fruity Sauvignon blanc.

I hope these dishes take you on a little side journey from what is viewed as traditional Italian cuisine. Sicily is a land of many contrasts. So is its food. I hope you enjoy it.



Rosemary Ruggieri Baer, a first generation Italian-American, grew up in Harrisburg and has spent her life perfecting her mother's country cooking.

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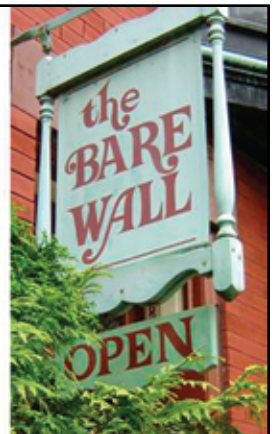
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The Bare Wall Gallery
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<http://tbwdailydiary.blogspot.com/>

It's All about the Music

No flash, all substance, sets Jazz Me apart.

Jeffrey B. Roth



An emphasis on musicianship, a diverse play list distinguish Jazz Me from many other area bands.

Four guys taking the stage at Gullifty's Underground in Camp Hill were dressed in black. The Jazz Me Band—Doug Brenner, singer, lead guitar, trumpet; Josef Brye, drummer, singer; Mitch Graeff, singer, lead guitar, bass, harmonica; Kirk Wise, guitarist, bass, other brass instruments—was setting up for a performance.

Wearing black is not an allusion to Johnny Cash, Wise said. It's the band's way to show respect by focusing the audience's attention on the music, not on the musicians. It's all about the music, he said.

Wise, quick with a quip, literally wears a different hat, instead of his signature black beret, while working at his real job with Wise Motorsport

Marketing. Over a 7 a.m. breakfast at Deiner's Restaurant in Mechanicsburg, Wise said the band evolved from a group of musicians who got together Monday nights to jam in Graeff's basement.

A friend and drummer, Russell Yoe, invited Wise to go along to the jam session, about four years ago. Ironically, Yoe did not become

a regular member of the band—he declined the offer. Yoe occasionally sits in on drums, if Brye has a scheduling conflict.

"I went along with Russell and when I heard Mitch's voice—wow," said Wise, a classically trained vocalist. "For a guy with no formal training, I was blown away. The next week, I went again."

At that jam session, Graeff handed Wise a bass guitar. Brenner was on lead guitar, Yoe on drums and something clicked, Graeff said.

"We never formally had a discussion about forming a band," said Graeff, who is director of safety and compliance for an area trucking firm. "Kirk had mentioned he played bass. It felt kind of natural and we continued on that way. Forming a band in a basement sort of gives it a life of its own."

Basement bands usually fail, but their act remained in the basement until they decided to test if there was a future for a jazz-type band.

"We are called Jazz Me, in other words, 'Excite me; play what I want to hear,'" Wise said. "That's why we play more than 250 songs and let the audience choose what they want to hear—whether it's Elvis, Satchmo (Louis Armstrong), Santana, Otis Redding, Motown or swing."

The rest, as they say, is history. The band is busy—very busy, said lead guitarist Brenner, a Civil Service Commission employee who did not pick up a guitar until after graduating Redland High School in York County in 1980.

There were rehearsals at a church. Brenner, who is basically self-taught on the guitar, was on his own when it came to learning the scores. It required him to research and learn how to play new chords.

Major 7 and Major 9 chords "turn your ear toward jazz," Brenner said. That led him to listen to Sinatra, Tony Bennett, Ella Fitzgerald and Larry Carlton—all musical pioneers.

"I like playing with the band because they are a unique group of musicians," Brenner said. "We play a range of music from jazz standards to swing, blues to Motown. I always liked blues and country music."

At first, the group performed as a trio. Along the way, they picked up drummer, Brye, a graduate of Messiah College. An employee at an area bank, like his comrades, Byre is also a vocalist. For seven years, he was drummer with BT and the Cruisers—Graeff also was a member of the Cruisers.

Wise said all the band members have other interests. The musicians also play in other venues. Wise recently got together with other musicians, and they have launched Katie and the Gray Beards, who are producing their first album. Graeff also performs acoustic blues solo.

With a number of professional, self-produced CDs to their credit, Jazz Me now is planning to produce another—when they have time.

"If someone can only afford a three-member band, we can supply that," Wise said. "If they want a larger band, with keyboard, brass, sax, etc., we can comply. It makes us happy making people smile and remember other times through our music."

For more information and to listen to their music, visit www.jazzme.com.

Burg Books

Lying Cheating Scum

By Ed Urvic
257 pp. \$9.99



They say never judge a book by its cover, and that should be said of "Lying Cheating Scum." Despite its off-color title, this book is an interesting look

into American political power-brokering and should appeal most to the denizens of Harrisburg's chief industry—government and politics.

Author Ed Urvic, a Hershey native who has worked for years in politics, has crafted a novel about how political power, backed, as always, by lots of money, can work to help or to destroy.

The story covers a six-day period in 1994. The Republicans are gearing up to take Congress and key GOP leaders are worried about Gulf War hero Lance Mansfield, a Republican Pennsylvania congressman who wants to run for U.S. Senate.

Denny Best, son of a well-to-do Hershey family, is an over-sexed Washington lobbyist who "drinks for a living," cheats on his wife, lies and is easily distracted. He is assigned to put an end to Mansfield's Senate ambitions.

The plot line has some nice twists that keeps you turning pages. Best's narrative on the workings of the political system is insightful and often unflattering of politicians. Yet, this book offers more. It is about friendships and how power politics in the hands of the wrong person can wreck lives and in the hands of the right person can help save lives.

"Lying Cheating Scum" is a fun read, and Harrisburg's political establishment may recognize some of Urvic's characters.

Visit www.eduravic.org to order a book.



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The Coens & Coco

Several gems arrive this month at Midtown Cinema.

Kevyn Knox

As your intrepid narrator has done every fall for the past five years, I recently spent some time at the New York Film Festival (the NYFF), seeing some of the films that may or may not make it to Harrisburg theaters in the next few months.

It is a festival that, more than other, much more bloated festivals, highlights the best of world cinema today, but more on that later. First, I would like to talk a bit about a pair of films that, though not appearing at this year's NYFF, are making their local debut in November.



The first of these films is the latest by the Coen Brothers—such neoclassics as “Raising Arizona,” “Miller’s Crossing,” “Fargo,” “The Big Lebowski,” “O Brother, Where Art Thou?” and

the Oscar-winning “No Country for Old Men.” The film is called “A Serious Man,” and, in a way, it is both serious and quite absurd. Not the best Coen movie (that title belongs to “No Country”) but not the worst either (a title that goes to “Intolerable Cruelties”). Dimly optimistic but never pessimistic—at least never fully pessimistic—the film plays out in the most comically tragic of manners.

Billed as a black comedy, “A Serious Man” is set in 1967 and is about Larry Gopnik, a Jewish professor who is looking for clarity in his quickly unraveling world, and his attempt to be what he considers a righteous person—a mensch—a serious man. Of course, this being the perversely comic

Coens, poor Larry is not going to have the easiest time of it. Darkly funny and possibly the brothers’ bleakest comedy to date (more a “No Country for Old Men” than “Burn After Reading” in many ways), the Coens look down upon their characters as if they are gods sitting high above them. Yet, in many ways, the Coens also have great sympathy for their poor schmuck of a lead character—even if it is in the most demeaning manner.



Another film that will be making its local debut (just like “A Serious Man,” at Harrisburg’s own art house Midtown Cinema) is the French biopic, “Coco Before Chanel.”

Starring the lovely—and mostly underrated—Audrey Tautou (don’t hold her responsible for the syrupy sentimentality of the highly overrated Amelie) as the titular young Coco, this film verve and vibes with something strangely unexplainable. A quality that makes what is a somewhat tired biopic (the most mediocre of genres) pop and sizzle with a cinematic delight. Perhaps it is Tautou and her vibrant *bon mot* of a performance. Perhaps it is director Anne Fontaine’s ability to bring a certain sense of charm to

the otherwise flatness of her films. Who knows what it is? I suppose the best way to find out is to see the movie.

And now we can go back to the NYFF. There are several films that played at this year’s festival that will most likely see the projector lights of Harrisburg and the Midtown Cinema. The most notable are Pedro Almadovar’s spectacularly sexy “Broken Embraces,” starring the always ravishing Penelope Cruz, and Samuel Maoz’s Lebanon War mini-epic “Lebanon,” which takes place entirely inside a tank and thus has an intense sense of claustrophobic dread. Both of these wonderful films should make their way to Harrisburg sometime early next year (after some probable Oscar nominations).

The one film that made the deepest impact on this critic though—and plays the part of both most rapacious and most derisive—is a film ominously titled “Antichrist.”

From the sometimes poisoned pen of infamous provocateur Lars von Trier, “Antichrist” stars Willem Defoe and (Cannes Best Actress winner) Charlotte Gainsbourg as a couple mourning the loss of their child. Fraught with disarming biblical connotations and a rather pretentious arrogance—not to mention some notorious scenes best not discussed here—“Antichrist”

is a difficult, brilliant film, which probably will never see the proverbial time of day here in Harrisburg. Nonetheless, it is certainly worth seeking out for its sheer audaciousness, if nothing else.

There is one last film I would like to mention here, and it is a mainstream release, believe it or not. Okay, mainstream, yet still a film by one of the most subversive directors around today. The film is “Where the Wild Things Are.” Being the combination of beloved childhood friend and revision by “Being John Malkovich” auteur Spike Jonze, it has been one of this critic’s most anticipated films since he first heard about its existence more than a year ago. Though I have yet to see this new motion picture as I pen these words, by the time you have read this column, I will have seen the film and will be able to tell you of its cinematic exploits. But I could not resist gushing all fanboy like in anticipatory glee a few days early.

Well, that’s it for this time around. Next column, I will let you in on what films I believe to be the best (and worst) of 2009. Until then, go out and see a movie—I know I will.



Kevyn Knox is a film critic + historian. His reviews can be read at www.thecinematheque.com.

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Harrisburg Rings In the Holiday Season

Get ready to slip on the wool caps and warm gloves, it's nearly time for the 2009 Harrisburg Holiday Parade, marking the beginning of the lengthy holiday season.

The annual event will be held this year on Saturday, Nov. 21, stepping off from City Island at 10 a.m. The parade then will loop from Market Square to N. 2nd Street to North Street and to S. Front Street, before heading back to City Island.

This year, the parade's theme is "America's Holiday Season: Rich in Tradition and Spirit!" It will feature more than 2,500 marchers, as well as an array of bands, floats, balloons and, naturally, the first area appearance of Santa Claus.

Judging will take place at Market Square. More than \$7,500 in appearance money and cash prizes will be awarded to the top three entries in five categories of parade competition.

For the most updated information, visit the city's website at www.harrisburgevents.com.

Renowned Cellist to Appear Locally



Zuill Bailey

Charismatic cellist Zuill Bailey makes a stop in Harrisburg this month as part of the Market Square Concert series.

Accompanied by pianist Robert Koenig, Bailey's Nov. 17 recital will include Stravinsky's Suite Italienne and

sonatas by Mendelssohn and Brahms. The 8 p.m. show will take place at the Whitaker Center.

Bailey has performed as a concert soloist with major symphony orchestras around the world and has given recitals at the Kennedy Center, Alice Tully Hall, the 92nd Street Y and Carnegie Hall, among other venues. His network television appearances include a recurring role on the HBO series "Oz" and on NBC's "Homicide."

For tickets, contact 717-214-ARTS. For more information, visit www.marketsquareconcerts.org.

The Stage Door

HACC TheatreWorks

One HACC Drive, Harrisburg
717-231-ROSE; www.liveatroselehrman.org

"A Company of Wayward Saints," Oct. 30-Nov. 1.

Harrisburg Shakespeare Festival

3rd Floor, Strawberry Square, Harrisburg
717-238-4111; www.gamutplays.org

"Richard III," Nov. 6-21.

Hershey Area Playhouse

Sand Hill Road at Cherry Drive, Hershey
717-838-8164; hersheyareaplayhouse.com

"Wait until Dark," Oct. 29-Nov. 1.

"The Best Christmas Pageant Ever!" Dec. 3-6, 10-13.

Open Stage of Harrisburg

223 Walnut St., Harrisburg
717-214-ARTS; www.openstagehbg.com

"Glitterama," Nov. 14.

Oyster Mill Playhouse

1001 Oyster Mill Road, Camp Hill
717-737-6768; www.oystermill.com

"Anything Goes," Nov. 6-22.

Popcorn Hat Players at the Gamut

3rd Floor, Strawberry Square, Harrisburg
717-238-4111; www.gamutplays.org

"Twas the Night before Christmas," Dec. 2-19.

Rose Lehrman Arts Center

One HACC Drive, Harrisburg
717-231-ROSE; www.liveatroselehrman.org

"Thank You, Gregory!" Nov. 8.

"As You Like It," Nov. 17.

Tartan Terrors, Dec. 3 and 4.

Theatre Harrisburg

Sunoco Performance Theater, Whitaker Center
222 Market St., Harrisburg
717-214-ARTS; www.theatreharrisburg.com

"Annie," Nov. 5-22.

Art Association of Harrisburg

21 N. Front St., Harrisburg
717-236-1432; www.artassocofhbg.com

"Invitational Exhibit," featuring artists Teresa DeSeve of Collegeville, Michelle Roberts of Harrisburg, Jeffrey Martin of Port Trevorton and Charlotte Shroyer of Taos, N.M., through Nov. 25.

Arthouse Lounge

217 N. 2nd St., Harrisburg
717-236-2550; www.arthouselounge.com

New artists showing this month. Opening scheduled for Nov. 6.

Arts at 510

510 N. 3rd St., Harrisburg
717-724-0364; www.artsat510.com

Sara Steele, watercolors. Opening reception on "First Friday," Nov. 6. Fundraiser for PennFuture, Nov. 10, 5:10-7:30 p.m.

Demuth Museum

120 East King St., Lancaster
717-299-9940; www.demuth.org

"Luigi Rist: Master Printmaker," through Nov. 29.

Gallery Blu

1633 N. 3rd St., Harrisburg
717-234-3009; www.galleryblu.org

"From Russia With Love" Featuring Irina Yastremski, Mary Farr, Marjorie Priceman and Harriet Rosenberg, through Christmas. Opening on "First Friday," Nov. 6.

Harsco Science Center

Whitaker Center, 222 Market St., Harrisburg
717-214-ARTS; www.whitakercenter.org

"Invention at Play," an interactive exhibit that lets children design and build, through Nov. 8.

"Spooktacular Science," creepy exhibits and demonstrations for the season, Oct. 30-Nov. 1.

Midtown Scholar/Yellow Wall Gallery

1302 N. 3rd St., Harrisburg
717-236-1680; www.midtownscholar.com

"The Real Steel," prints by Peter Treiber, through Nov. 30.

Museums & Art Spaces

National Civil War Museum

One Lincoln Circle at Reservoir, Harrisburg
717-260-1861; nationalcivilwarmuseum.org

"More Deadly than Bullets: Illness & Disease in the Civil War," through March 1, 2010.

Rose Lehrman Art Gallery

One HACC Drive, Harrisburg
www.hacc.edu/RoseLehrmanArtsCenter

"Geological Observations," ceramics by Paula Winokur, through Nov. 20.

Student Honors Photography Show, Nov. 30-Dec. 11. Reception: Dec. 10, 5 p.m.

The State Museum of Pennsylvania

300 North St., Harrisburg
717-787-4980; www.statemuseumpa.org

"Voices: African American and Latina Women Share Their Stories of Success," featuring 50 accomplished women, through March 2010.

"The Fine Art of Giving," a selection of artwork given to the museum, through June 2010.

At Radius Gallery: Judith VanZant, textiles. Open house, Nov. 8, 1-3 p.m. www.radiusgallery.com

Susquehanna Art Museum

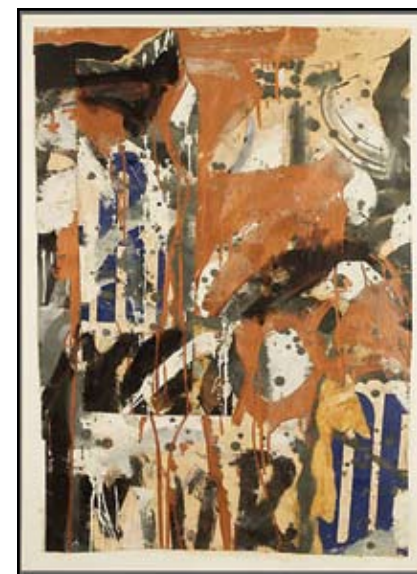
301 Market St., Harrisburg
717-233-8668; www.sqart.org

"Metamorphosis," the work of abstract expressionist Ben Herr, through Jan. 24, 2010.

Doshi Gallery: Sculptor Karen Beall, through Nov. 22.



The wacky Baltimore-based troupe "Glitterama" (left) brings its vaudeville-style stage show to Open Stage of Harrisburg on Nov. 14. You can enjoy a crazy trip into the surreal at two shows: 7 p.m. and 10 p.m.



"In Memoriam for a Murder," by abstract expressionist Ben Herr of Lancaster. A retrospective of his career, spanning 55 years, is at the Susquehanna Art Museum.

Events

Nov. 5: Book Signing. Author Ken Frew signs copies of his new book: "Building Harrisburg: The Architects and Builders, 1719-1941." Harris/Cameron Mansion, 219 S. Front St., Harrisburg. 5:30 p.m. Free. www.dauphincountyhistory.org

Nov. 6: Harrisburg First Fridays. A group of city venues open late and feature special events and entertainment. www.harrisburgarts.com/firstfridays.html

Nov. 8: Toast & Roast. The Harrisburg Symphony Orchestra honors Maestro Stuart Malina's 10-year anniversary with a celebratory dinner, roast and silent auction. Chocolate Ballroom, Hershey Lodge, 325 University Dr., Hershey. 5 p.m. Tickets: \$125. 717-545-5527. www.harrisburgsymphony.org

Nov. 10: Second Tuesdays at the Mansion. "A Conversation with John Harris, Jr.," hosted by re-enactor David Biser. Harris/Cameron Mansion, 219 S. Front St., Harrisburg. 7 p.m. Free. www.dauphincountyhistory.org

Nov. 11: Danzante's Latin Night. Support Danzante with Latin dancing, live music and a DJ. Appalachian Brewing Co., 50 N. Cameron St., Harrisburg. 6-10 p.m. Contact Corrina Mehie, 717-232-2615, corrina@danzante.org. www.danzante.org

Nov. 14: Flavor of PA—Beer & Food Expo. Pa. Farm Show Complex & Expo Center, Harrisburg. pafarmshowcomplex.com

Nov. 14: Mixed Media Art Show and Sell. Oils, watercolors, jewelry and other items for show and sale, sponsored by Rutherford House and Sewin' Sisters Sowing. 10 a.m.–2 p.m. Free. Rutherford House, 3300 Parkview Lane, Harrisburg. Call 717-564-5682.

Nov. 20-21: Eastern National Antique Show & Sale. Pa. Farm Show Complex & Expo Center, Harrisburg. pafarmshowcomplex.com

Nov. 21: Harrisburg Holiday Parade. Harrisburg's annual holiday parade marches through downtown, replete with bands, floats and balloons. www.harrisburgevents.com

Nov. 28-29: Festival of Trees and Toy Train Exhibit. Enjoy Christmas trees decorated by local garden clubs, as well as toy trains displayed on a layout representing communities in central Pennsylvania. Events continue on weekends through December. Fort Hunter Mansion and Park, Harrisburg. 12:30-4:30 p.m. Free. www.forthunter.org



"Okra" by Sara Steele at Arts at 510, 510 N. 3rd St., through November.

Live Music around Harrisburg

Appalachian Brewing Co./Abbey Bar
50 N. Cameron St., Harrisburg
717-221-1083; www.abcbrew.com

Nov. 6: Hexbelt
Nov. 7: Toys for Tots Benefit with Darcie Miner, Martini Bros, Nate Myers and The Jellybricks
Nov. 7: Hot Day At The Zoo
Nov. 11: Danzante Benefit
Nov. 13: Giant Panda Guerilla Dub Squad with Michael Morrow and the 21st Centurians
Nov. 14: Boris Garcia with Dan Ottemiller
Nov. 19: Nershi/Law Duo
Nov. 20: The Brew w/ Whiskey Bent Valley Boys
Nov. 21: The Indobox with Mike Miz
Nov. 25: Cabinet
Nov. 27: Vinegar Creek Constituency
Nov. 28: Juggling Suns w/ The Green Onions
Every Thursday, Open Mic Night

Carley's Ristorante Piano Bar
204 Locust St., Harrisburg
717-909-9191; www.carleysristorante.com

Nov. 5: Noel Gevers
Nov. 6: Wade Preston from Broadway hit "Movin' Out" (reservations recommended)
Nov. 7: Anthony Haubert
Nov. 12: Giovanni Traino
Nov. 13: Chris Novak
Nov. 14: Ted Ansel
Nov. 19: Giovanni Traino
Nov. 20: Noel Gevers
Nov. 21: Anthony Haubert
Nov. 25: Chris Novak
Nov. 27: Ted Ansel
Nov. 28: Anthony Haubert
Every Tuesday, Open Mic Night

Ceoltas Irish Pub
310 N. 2nd St., Harrisburg
717-233-3202; www.ceoltasirishpub.com

Nov. 6: Calling All Saints
Nov. 7: Formerly Known As
Nov. 12: Love Haters
Nov. 13: Kenton Shelley Band
Nov. 20: Shots McGee
Nov. 21: The White Bread Band
Nov. 27: Smooth Like Clyde
Nov. 28: The Luv Gods

Char's Bella Mundo
540 Race St., Harrisburg
717-213-4002; www.charsbellamundo.com
"Jazz Wednesdays," with special wine menu

Clover Lane Coffee House
1280 Clover Lane, Harrisburg
717-564-4761; www.harrisburguu.org
Nov. 20: Tom Neilson

Dragonfly Club
234 N. 2nd St., Harrisburg
866-468-7619; www.dragonflyclub.com
Nov. 14: Rakim (main floor)
Nov. 21: Vulgarrrity; 91s; The Motor Psychos
Nov. 25: A Tribe of One (main floor)
Nov. 25: A Public Betrayal; The Drama Club
Nov. 27: Rock for Uganda II; Martini Bros.; Suburban Transit

Famous Reading Cafe/Midtown Scholar
1302 N. 3rd St., Harrisburg
717-236-1680; www.midtownscholar.com

Nov. 2: Mt. Eerie, Tara Jane O'Neil, No Kids and Old Time Burials
Nov. 7: Concert for Darwin w/ Jefferson Pepper
Nov. 19: John Gorka
Nov. 28: Ellis Paul (3p); Adam Ezra (8p)

The Fire House Restaurant
606 N. 2nd St., Harrisburg, 717-234-6064
www.thefirehouserestaurant.com

"Throwback Saturdays," barbershop quartets

H. Ric Luhrs Performing Arts Center
Shippensburg University; 717-477-7469
www.luhrscenter.com

Nov. 4: The Drummers of Japan
Nov. 6: Brian Regan
Nov. 12: The Ten Tenors

Harrisburg Symphony Orchestra
At the Forum, unless otherwise noted
717-545-5527; www.harrisburgsymphony.org

Nov. 21-22: Haydn's "Creation"
Nov. 23: Rising Star's Competition

Mangia Qui/Suba
272 North St., Harrisburg
717-233-7358; www.mangiaqui.com

Nov. 6: Nate Myers and The Aces Blues Band
Nov. 7: Creek Side Soul
Nov. 13: Sketties
Nov. 14: DJ Geoffro
Nov. 20: Drake
Nov. 21: Indian Summer Jars
Nov. 27: Phipps & Phriends
Nov. 28: Batida!

Midtown Arts Center/Stage on Herr
1110 N. 3rd St., Harrisburg
717-412-4342; www.harrisburgarts.com

Nov. 6: Hollis Brown
Nov. 7: Waiting on a Train
Nov. 13: Colebrook Road
Nov. 14: Up Pops the Devil
Nov. 20: Eli Charleston, Colebrook Road, Up Pops the Devil and Starsan (Troegs Night)
Nov. 21: Case 150
Nov. 24: Mike Doughty: Question Jar Show
Nov. 27: Adam Taylor with Tony Ryder
Every Wednesday: Open Mic Night

Morgan's Place
4425 N. Front St., Harrisburg
717-234-8103; www.morgans-place.com

Nov. 6: Jewett & Staz
Nov. 7: Strange Eden
Nov. 13: Shea Quinn
Nov. 14: Ross Brown Band
Nov. 20: Not Guilty
Nov. 21: Shea Quinn
Nov. 27: Don Johnson Project
Nov. 28: New Experience

Music on Market Street
1508 Market St., Harrisburg
717-564-4761; www.harrisburguu.org
Nov. 8: Ellis

Rose Lehrman Arts Center
One HACC Drive, Harrisburg
717-231-ROSE; www.liveatroselehrman.org

Nov. 14: Concertante, chamber music concert (contact 717-214-ARTS)

Scott's Grille
212 Locust St., Harrisburg
717-234-7599; www.scottsgrille.com

Nov. 4: Kim Cruise Duo
Nov. 7: Smooth Like Clyde
Nov. 11: Greg Grassa
Nov. 18: Sherrie Mullen
Nov. 25: Funktion

The St. Moritz
714 N. 3rd St., Harrisburg
717-232-9949; www.stmoritzclub.com

Nov. 6: Chyp Davis and Andrea Ramona—Motown Review

Stock's on 2nd
211 N. 2nd St., Harrisburg
717-233-6699; www.stocksonsecond.com

Nov. 7: Shea Quinn and Steve Swisher
Nov. 14: Cruise Control
Nov. 21: Don Johnson Project Band
Nov. 28: Funktion with Robin McClellan

Whitaker Center
222 Market St., Harrisburg
717-214-ARTS; www.whitakercenter.org

Nov. 1: An Evening with Jackson Browne
Nov. 15: The Guthrie Family
Nov. 17: Zuill Bailey & Robert Koenig
Nov. 25: An Evening with The Machine
Nov. 28: Celebration of the Magnificent Men
Nov. 29: A Harp-Felt Christmas

The live music calendar is deemed accurate as of press time. Schedules often change. Please check with the venue before attending.



"Bouquet and Fruit" by Mary Farr, part of "From Russia with Love," through Christmas at Gallery Blu, 1633 N. 3rd St.

A Path to Enlightenment

Diverse Buddhist community chants locally.

Shakiyla Colden

In practicing their religion, Harrisburg's Buddhists meet weekly in each others' homes to chant and study, and gather each month for communal prayers. But members, unlike other forms of Buddhism, are neither bald nor always dressed in robes.

There are several Buddhist traditions, but the locals follow Nichiren Buddhism, which places the highest emphasis on the sanctity of life as members seek through their practice to live confidently, to create value in any circumstance and to contribute to the well-being of friends, family and community.

"Nichiren Daishonin is a Buddhist priest who lived in the 13th century in Japan," said Jude LaVia, a member for many years of the local Soka Gakkai International USA, or SGI-USA, chapter. "We study his writings in order to apply his wisdom in our daily lives. His teachings are as relevant today as they were in the 13th century."

In general, Buddhists believe insight into the ultimate nature of reality is the path to salvation. The religion is based on the ancient teachings of Siddhartha Gautama, a spiritual leader also known as Buddha who lived in India some time before the Christian era.

Unlike other Buddhists, Nichirens do not practice in a temple. The first Sunday of each month, the local chapter gathers at Hamden Community Center near

Carlisle Pike for "kofu gongyo" or Sunday service, which includes prayer and music. The center serves as a "kaikon," equivalent to a church in the Christian faith.

As a religion, Buddhism does not get much attention locally, but the group was pleased by a newspaper's interest. "We are chanting for the success of your endeavor," LaVia said.

SGI-USA is the American branch of the SGI network, which has more than 2,600 neighborhood discussion groups and nearly 100 centers throughout the country. The core activity is the neighborhood discussion meeting, informal gatherings for Buddhist prayer, study, sharing and discussion of the ways of Buddhism.

Even the youth get involved. They have their own meeting and occasionally get together for recreational amusement. There are also activities for women and men.

SGI-USA has multiple means in which to keep members informed about fellow faithful around the world and to continue their Buddhist education. Its publications are The World Tribune (newspaper), and Living Buddhism (magazine).

SGI's central Pennsylvania chapter was founded in 1972, has 152 members and is growing, said longtime member Andrew Olewine.

Buddhists come from all walks of life—doctors, lawyers, entertainers, engineers, laborers, etc. The local group meets Wednesdays for chanting and Sundays—other than the first Sunday—for a district meeting at a local member's home to study and practice.

"Whenever I attend a Buddhist meeting, I leave feeling refreshed and full of hope," Olewine said. "Over time, I can see the growth of each person, and this encourages me to challenge myself in attaining various goals in the context of world peace."

Another longtime member, Cheryl Cootes, has practiced for 25 years, more than half of them in Harrisburg. She has watched this diverse group grow.

"If you are wondering what Buddhism is about, and want to learn about this dynamic life philosophy, our organization offers several relaxed and comfortable environments to come chant, study and dialogue with many people," she said. "We chant Nam-Myoho-Renge-Kyo, and that has really opened my life to being the best person I can be. I am finding value in all situations and seeing the good in every person I meet. Life is good. Come on out and chant with us."

The group is planning a Central Pennsylvania Winter Youth Kickoff Meet in November. Contact Frank Plesic, 717-319-3583 or Andrew Olewine, 717-307-5722 or visit www.sgi-usa.org.



Members of Harrisburg's Buddhist community include (top) Frank Plesic, Randy Mason, Gloria Judge and Cheryl Cootes; and (bottom) Andrew Olewine, Shakiyla Colden and Namiko LaVine.



GALLERY

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1633 N. 3rd St.





"From Russia with Love," featuring artists Irina Yastremski, Mary Farr, Marjorie Priceman and Harriet Rosenberg

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 Harrisburg, PA 17102
 (717) 234-3009
www.galleryblu.org

Hall Pass

State Street Academy Names New Director

State Street Academy of Music, 110 State St., has named Elizabeth Kuefler as the school's new artistic director.



Kuefler

Kuefler, a violist and violinist, has performed throughout the world under such prominent conductors as James Levine, Bernard Haitink, Christoph Eschenbach and Herbert Blomstedt.

She has advanced degrees in viola performance from Stony Brook University and a bachelor's degree in violin performance from the University of Kansas. In addition, she has had fellowships at the Tanglewood Music Center, the Taos School of Music and the Schleswig-Holstein Musikfestival.

State Street Academy is a community-based non-profit that offers lessons in instrument and vocal, performing ensembles, music theory, music history and more.

For further information, visit <http://www.ssamusic.org>.

Metro Bank Offers Free Financial Classes

Metro Bank now offers a free financial education program, Metro Money Sense, to schools and community groups.

The program provides children and teens in grades K-12 lessons about money, saving, budgeting and other fundamentals of money management.

Trained financial education instructors are available to visit classrooms or community organizations. The program includes lessons on the importance of saving; how to write a check and manage a check register; creating a budget; and how to use credit responsibly.

"Metro Bank knows the importance of teaching kids and teens vital lessons in money and banking," said Gary Nalbandian, the bank's chairman, president and CEO. "Metro Money Sense is designed to give young people a head start on becoming financially responsible."

For more information, visit www.mymetrobank.com. To schedule a class, call 717-412-6202.

At the Libraries

Friendship Community Center
5000 Commons Dr., 717-652-9380

Tales at Twilight Family Storytime: stories, rhymes, music and activities. Ages 2-6 and their adults. Nov. 4, 11 and 18, 6 p.m.

Meet Jackie Urbanovic, author and illustrator of the Duck Books series. Nov. 15, 2 p.m. Registration required.

Fall Storytime: stories, rhymes, music and activities for ages 3-5 and their adults. Event held at the Colonial Park United Church of Christ, 5000 Devonshire Rd., Harrisburg. Nov. 20, 10:30 a.m.

Kline Library
530 S. 29th St., 717-234-3934

Ones Upon a Time: books, songs and nursery rhymes for parents and babies. Registration required. Nov. 6 and 13, 10:30 a.m.

Soup and a Story: Join Filbert the Flamingo for soup and story time. Nov. 10, 6 p.m. Registration required.

Free family movie. Nov. 17, 5:30 p.m.

BookRATs: a monthly book discussion group for ages 6-10. Nov. 19, 6 p.m.

Harrisburg Downtown Library
101 Walnut St., 717-234-4976

Ones Upon a Time: books, songs and nursery rhymes for parents and babies. Registration required. Nov. 2, 9 and 16, 10:30 a.m.

What's the Big Idea? Children and their adults build, explore and solve through activities and books. Nov. 4, 11 and 18, 3:30-5:30 p.m.

Madeline L. Olewine Memorial Library
2410 N. Third St., 717-232-7286

Ones Upon a Time: books, songs and nursery rhymes for parents and babies. Registration required. Nov. 5 and 12, 10 a.m. and 11 a.m.

Family Explor-a-Story: stories, songs and a craft. Registration required. Nov. 7, 1 p.m.

Grantseeking Basics: free workshop on grantseeking basics for nonprofits. Nov. 11, 1 p.m. Registration required.

Proposal Writing: free workshop on proposal writing basics for nonprofits. Nov. 11, 3 p.m. Registration required.

Y.O.U.R. Book Club: an hour of book sharing, open to readers ages 9-14. Nov. 18, 4 p.m.

Books for Babies @ MOM: share rhymes and music with your baby. Nov. 19, 1 p.m.

Free family movie: Nov. 23, 5 p.m.

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WED.-THU. 5-7PM

OPEN MIC NIGHT
WED. AFTER
HAPPY HOUR

BLUES ON SUNDAY
COMING SOON

LIVE MUSIC

11/6 HOLLIS BROWN
11/7 WAITING ON A TRAIN
11/13 COLEBROOK ROAD
11/14 UP POPS THE DEVIL
11/20 TROEGS NIGHT:
TROEGS BEER & MUSIC
WITH BEARFOOT
ELI CHARLESTON
COLEBROOK ROAD
UP POPS THE DEVIL
AND STARSAN
11/21 CASE 150
11/24 MIKE DOUGHTY:
QUESTION JAR SHOW
11/27 ADAM TAYLOR
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The Whitetails of Central Pa.

Sorry, Kermit can't come to the phone right now.

Kermit G. Henning

Don't call me for a month or so. It's deer season in Pennsylvania. With just under a million hunting licenses sold, there is no more important outdoor pursuit for the sportsman in Pennsylvania than hunting for whitetail deer. Indeed, the whitetail is the most popular big game animal anywhere in the country.

In many parts of Pennsylvania, schools close, businesses shut down, sporting goods stores hire extra help, butcher shops gear up and deer camps all across the state come alive with hopeful hunters, young and old alike.

As deer hunters prepare for the upcoming seasons, the number one thing on their collective mind is the state of the herd. Just how many deer are out there and where are the best spots to find them?



As midstate gardeners may already know, the whitetail is in abundant supply as deer-hunting season begins in the state. Photos: Kermit G. Henning.



all in Pennsylvania. "We don't kid ourselves that we can test every animal, but so far we've been lucky," according to Rosenberry.

Total harvest for last season topped 335,000 animals in all seasons, but the hunter is not the only danger to the Pennsylvania whitetail. The growing number of coyotes in the state has had an impact on deer numbers as well. Along with black bears, coyotes have a definite impact on newborn fawns. In the northern part of the state, above Route 80, where bear and coyote numbers are highest, only 54 percent of fawns have been shown to make it to adulthood, while in the southern areas, that number jumps to 73 percent.

The biggest news for the whitetail hunter this year is the legalization of the crossbow for use by all archers in all archery seasons. The Game Commission passed this historic legislation early in September. The commission will now look at the data for the next few years, check on the number of bucks taken before the breeding season and make a final recommendation at the end of June 2012.

I've got my favorite spot all picked out; I've sighted the rifle, scouted the area and can't wait to join the legions of hunters afield this season. Whether you are a trophy hunter looking for a big-racked buck for the wall of the den or simply trying to fill the freezer with the healthful venison, here's hoping for a great season. Be safe and enjoy. I'll be back when it's all over.



Kermit G. Henning, host of abc27 Outdoors TV, is a past president and chairman of the board of the Pennsylvania Outdoor Writers Association and a member of the Outdoor Writers Association of America.

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According to Dr. Chris Rosenberry, Pennsylvania Game Commission's Deer Management Section Supervisor, hunters will find this year's herd similar to the last four years. There is a stable herd across the state with good amounts of mast to take them through the winter. Some areas, like Wildlife Management Unit 5C in southeastern Pennsylvania, have too many deer for the habitat to support and the Game Commission, as well as citizen groups, farmers and land owners, has recommended a 40 percent decrease in deer numbers.

Here in the midstate, field reports are encouraging. Most areas have high populations of deer with good sightings of big-racked bucks. Also, there has been little gypsy moth damage here so the oaks are producing huge numbers of acorns. The deer will surely stick around when they start to drop. To get a close look at your favorite spot, go to the Game Commission's website at www.pgc.state.pa.us and click on Field Officer Forecasts.

Concern continues to mount about the finding of chronic wasting disease in our deer. This is a contagious, fatal disease affecting deer in neighboring states, producing small lesions in the brains of infected animals. The disease has been found in New York and West Virginia, but after tests of 20,000 deer over the last five years, it has not been found at

Heeling the Headache

Chiropractic may be an option for sufferers.

Dr. Timothy Duke

I'm sure all of you have had a headache at some point in your lives, and I'm confident the majority of you know someone who suffers from chronic-type headaches, whether they are migraines or other kinds. I'll focus on four specific types that are the majority of headaches suffered by the population. These are: migraines, tension headaches, cervicogenic headaches and sinus headaches.

Migraine headaches are commonly known, and deservingly dreaded by sufferers. Often times, people describe an aura being present before the onset of the headache. A common symptom of migraine headaches is having nausea and light sensitivity associated with the episode; however, it is possible to have these symptoms during a non-migraine type headache.

Tension headaches usually start at the base of the skull or neck and wrap around to the front of the forehead or temples. They often involve trigger points, which are tight/tender, small bundles of muscles that can cause a variety of pain symptoms, at the base of the skull. These headaches are usually non-pulsating and can last anywhere from 30 minutes to days when chronic. They are very common and are seen in people with poor posture, that is, rounded forward shoulders and a flexed forward neck.

Cervicogenic headaches are usually the result of tight/spasmodic muscles or vertebra in your neck that are not moving properly. The term cervicogenic actually means, originating from the neck. The muscles and neck vertebra entrap nerves, which result in pain referred to a variety of areas. A lot of times people also will experience a loss of motion in the neck or increased headache with neck movement.

Last, but not least, are *sinus headaches*. These types of headaches cause pain to the upper portion of the face, around the eyes, and forehead. Many times people who have bad allergies experience these types of headaches.

Treatment: The most common medical treatment for all of these complaints includes prescription or over-the-counter medications. These are effective for reducing the frequency, intensity and duration of the headache symptoms. However, the majority of these medications cause serious side effects. These include, but are not limited to, nausea, vomiting, dizziness, kidney failure, liver damage, stomach damage and headaches. Yes, that's right. Headache medications, especially for migraines, when over-used or used for a prolonged period of time, can cause headaches. In addition to side effects, these medications often only cover up the symptoms, as opposed to actually correcting anything.

Chiropractic has been very

successful for treating all types of headaches, especially the ones mentioned in this article. The freeing up of vertebrae in the neck and upper back, by an adjustment, can drastically reduce or eliminate headache symptoms. Your chiropractor will specifically find the vertebrae that are not moving properly in your neck. They will then put specific movement into that joint, which will free up any nerve interference or spasmodic musculature. This will result in decreased headache symptoms and an increase in overall nervous system function, which improves overall bodily function.

In addition to specific chiropractic adjusting, physical therapy is essential in treating headaches. Physical therapy can help strengthen important musculature in the upper back and neck region, which maintain posture. Without strengthening the muscles involved in maintaining posture, full recovery is nearly impossible. Improving a person's

posture will decrease the strain put on many of the muscles of the upper back and neck, thus decreasing the symptoms associated with all of the above-mentioned headaches. A study reported in the journal, *Spine*, found manipulation and exercise did better together, than either one did on its own.

Finally, headaches can be caused by allergic reactions to different foods or poor diets. The old phrase, "you are what you eat," stands true. Some foods that have been associated with causing headaches are chocolate, caffeine, artificial sweeteners and processed foods. Detecting and eliminating these common triggers can completely eliminate a variety of headaches.



Dr. Timothy A. Duke
is a chiropractor at
The Hetrick Center in
Middletown.

L e t ' s T a l k ...

Isaiah 43:11

Romans 5:19

John 14:9

James 2:17

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So Long, Harry

First, the bar left us. Now, the man is gone, too.

William S. Jackson

You went up the hill on Market Street, grabbed a right at 13th Street, a quick left up to 14th, another right and, when you hit the corner of 14th and Vernon, you were there.

Where is there? It was Harry's Tavern, right on the corner, where from March 1949 till March 1993, Harry and Mary Touloumes operated one of the finest little restaurants in Harrisburg.

My wife, Rosemary, and I discovered Harry's after we bought The Sun in Hummelstown back in June 1970. In those days, the paper was printed in Columbia at the now defunct Columbia News.

We addressed the papers and delivered them in bags directly to the Hershey and Hummelstown post offices then, usually some time between 10 p.m. and midnight, delivered the rest to the Harrisburg Central Post Office on Market Street.

The rush to get the papers out usually meant we hadn't had time for supper and ... where do you

Street Snap



A view up 2nd Street.

get a meal at that time of night in Harrisburg?

Knowing friends sent us to Harry's, where you could get one of the best steaks in town with Harry's special wine sauce, fresh cut French fries and their own Greek salad.

Harry's wasn't in the best part of town—three blocks from where the Harrisburg riots had started—and we got a shock the first night we stopped in. Jerry Muth tended bar with an iron hand, and, when three young men came in and sat at the bar, each in turn handed over a handgun to Jerry for safekeeping behind the bar. I discovered later they were friends of Jerry's and had just come in from target practice at a local gun club.

By that time, Harry's had become a favorite political hangout, made popular by Mayor Paul "Tim" Doutrich (1978-82), plus members of the state legislature.

I recall one night having dinner there with our kids when our young daughter suddenly disappeared. I spotted her at the bar, sitting on her knees on a barstool in deep conversation with a large man in bib overalls, who was feeding her the chocolates Jerry sold at the bar.

I got up, excused myself as I stepped over House Majority Leader Lee Donaldson, who was dining with the president of US Air, and introduced myself to the man at the bar as the father of the young lady he was conversing with. He introduced himself as the driver of the finest garbage truck in Harrisburg. I then looked over his shoulder and there sat Mayor Harold Swenson (1970-78) in a tuxedo and his wife, Elsie, in a silver lame' gown at the table just behind him.

In the late '70s I started taking a gang of automotive writers, editors and publishers there for dinner on Wednesday night of the Hershey antique car show in October. They

also learned to love it, and it grew into an annual tradition where we practically took over the place—which meant filling four tables. We also loved the gospel music coming from the black church across the street in the old mattress factory. We stopped in one night, and the minister welcomed us, especially after one of the publisher-types dropped a \$100 bill in the collection plate. (Who *are* these white guys?)

Harry's hit its peak during the Agnes Flood and Three Mile Island crises of the early and late '70s. All the out-of-town media people discovered it, gave Harry pictures and cartoons for the walls, and frequented it in large numbers. You could find the likes of the Patriot's Paul Beers there most any night.

Rosemary and I spent many enjoyable evenings at Harry's, and we were there with the rest of the regulars till three in the morning the night he closed in March 1993.

When our son Bill was attending the chef school at HACC, Harry was one of the guest speakers. Bill knew him from our many visits and, after class, they went out together and

A Real Shocker: Power Rates to Surge

Brace yourselves, PPL customers, your electricity bill is set to skyrocket by about 30 percent in 2010.

The dramatic increase is due to the expiration of rate caps, according to the company.

The average residential customer will pay \$137.64 a month in 2010, compared to \$106.08 this year, said PPL. Business rates also will increase substantially.

Customers may be able to save money by shopping around for an alternative electricity supplier. For retail suppliers, visit the state Public Utility Commission's website at www.puc.state.pa.us/utilitychoice.



Harry and Mary Touloumes, inside Harry's Tavern, New Years Eve 1983

had a few. Harry promised Bill that, if he would show up for kitchen prep time the following morning, Harry would give him the recipe for the famous steak wine sauce. The "few" turned into "many" and Bill never made it—for which his mom never forgave him.

Harry N. Touloumes died Saturday, Sept. 19, 2009, at his home in Camp Hill.

We'll miss you Harry, just as we have missed your fine establishment all these years.

TheBurg Pets of the Month



Two Chinese Shar-Peis, Mr. Duke and Mr. J. recently spent the day in downtown Harrisburg with owners Becky DeVor and Larry Geier.

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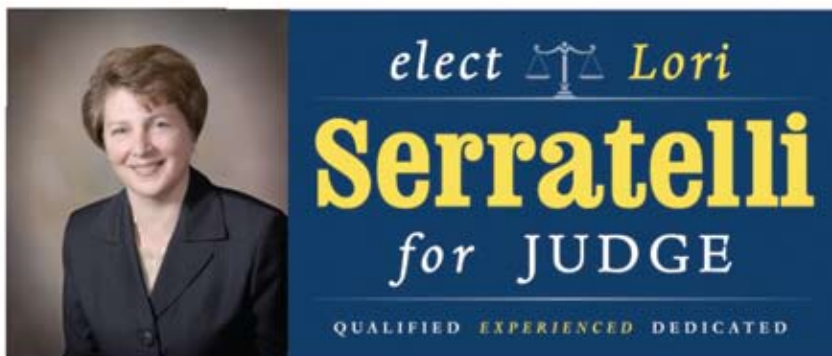
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